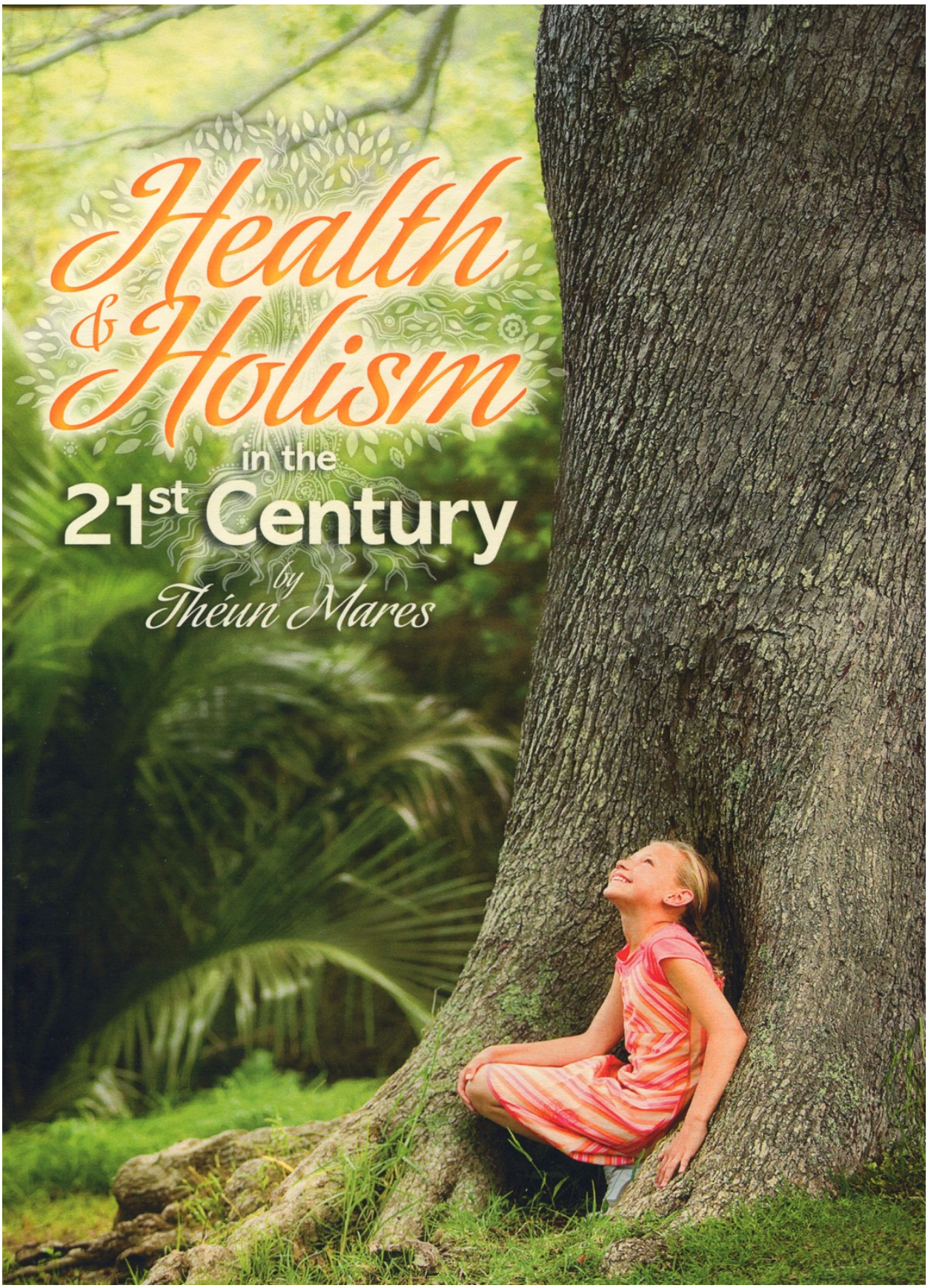
Health & Holism
in the
21st Century
by
Théun Mares

About Theun Mares

Theun Mares was never concerned with catching the eye. Instead, his every movement originated from, and was addressed to, the heart. The result is that Theun's life carries an influence that is powerful beyond calculation. All that we can say at this point is that the effects will be felt for aeons to come. Theun Mares' life ended peacefully in 2011.

If life can be characterised as a gentle, natural process of evolution, then the life of Theun Mares revealed that process. In the world today, though, there is no such gentle, natural process. The problems we face are the result of spurning the process of life, and so the earth and all who inhabit the earth, are dangerously out of balance. But we know all this. The question is, how do we, as individuals, regain our balance? How do we again incorporate into our actions the interrelationship of all of life? How do we implement the principles, within our own lives, that will result in a new world coming into being? One thing we can be sure of, and that is what we have tried so far, is clearly not working.

Throughout his life, Theun always sought that balance. What is it that causes a lack of balance in each of us? What specifically, in our own unique way, has caused us to be so out of harmony with ourselves, with our relationships, with the world around us? From his career as a classical dancer, to his career in education, and then writing books and guiding people, Theun strove to find the balance and poise within himself, and was able to impart this uniquely to others. As Theun said, "What is balance, but a finely-honed application of life's guiding principles of intelligent co-operation?"

"If we can learn what it truly means to co-operate intelligently with all of life, then we can experience harmony, instead of destruction. If we allow life to evolve naturally and gently then we can also experience regeneration. Such is the way of the warrior - to touch the world lightly - to learn to be fully part of the world, but yet not to despoil her."

Yet, for far too long, our cultures have embodied the corrosive divisiveness that grows out of the extreme separativeness of a purely rationalistic approach to life. So we force our views continually on others and their societies - man vs man, man vs nature. We even force our views onto our own children. The books and courses of Theun Mares show how we can overcome the effects of separativeness within ourselves, and within our lives, and so achieve the balance and harmony we so desire. A balance between spirit and matter, feelings and mind, male and female, our light sides and our dark sides, a balance between all of the seemingly opposing forces that threaten to pull us apart. The end result is that once ALL our aspects have been brought into alignment; have been reconciled, we find

that our life is evolving harmoniously and we feel constantly renewed. However, just as the training of a dancer is not quick, but takes many years of constant practice for the many tensions that exist to be integrated, so too is the process of living a life of intelligent co-operation also not easy or quick.

Theun always said that he was a nagal in a hurry, as he needed to achieve so much in his lifespan. Consequently, in the many endeavours that Theun initiated, he trained a select group of people, who could be trusted to continue his work in their respective areas of specialisation - the work of bringing the Toltec Legacy, in its different forms, to humanity.

Charles Mitchley

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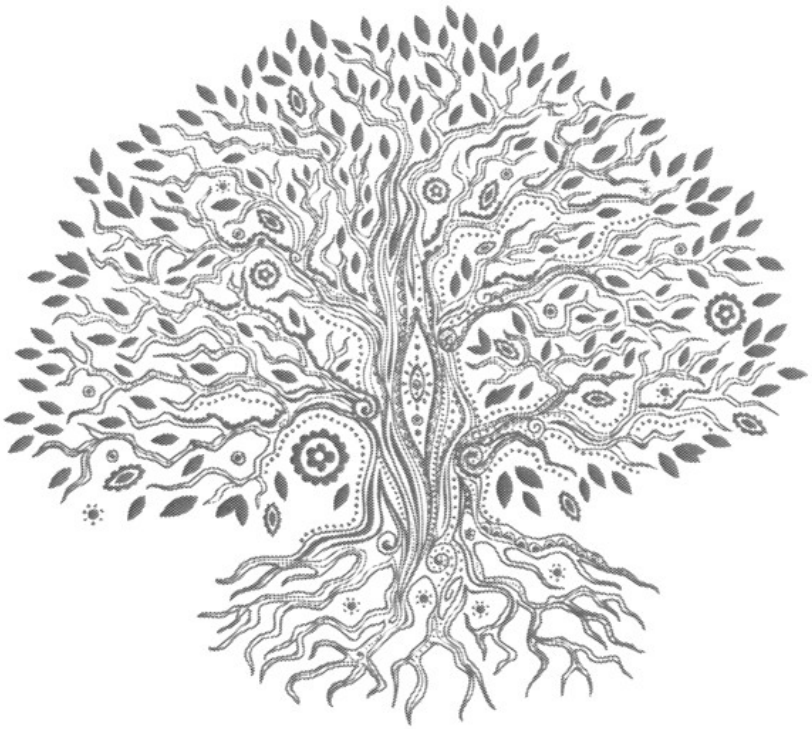


Introduction

Today's World

We live in possibly the most exciting times ever within the history of humanity. We have so much opportunity for all sorts of marvelous adventures, arising from the great many challenges facing us. The world situation today is such that it calls for pioneers, adventurers and go- getters. In fact, if you have ever dreamed about being a hero or a heroine, now is the time to fulfill that dream, for the world is in need of heroes and heroines, and humanity is in desperate need of men and women who are prepared to step out of the circle in showing the way forward.

But no matter how excited we become about our prospects, or how depressed we may be about the current world situation, we must not forget that the reason why we face all these unprecedented opportunities today or face such a calamity - depending upon our view of the world - is because the world has become such an unholy mess. Never before have we seen such corruption and blatant dishonesty on all fronts. Never before has our economic situation been so dire, and never before have our environmental issues been so chronic as right now. And worst of all is the fact that we have no-one left to whom to turn for help. Law enforcement agencies today, as well as the judicial systems of the world, have become so utterly corrupted that they now serve only those in power who are trying to enslave us, by steadily divesting us of all freedoms; not only freedom of speech and freedom of thought, but most important of all, also freedom of action.

Today we truly stand alone, unless we join the masses, who in their fear, insecurity and disbelief in their own ability and power, just meekly toe the line in the vain hope that this will ensure their continued well-being. We no longer need to be terrorists to be labelled enemies of the state, for the state today is the domain of unscrupulous men and women who do not care about anyone or anything. Their only concern is their own wealth and their ability to wield a power over others so that they are rendered omnipotent and unquestionable. At the same time all of humanity is reduced to brainless and unquestioning automatons who meekly obey laws designed to disempower them more and more, and that fly in the face of anything even vaguely resembling the innate honesty, integrity and dignity of the human spirit.

So on the one hand we live in a world that appears to be headed for a disaster of astronomical proportions, and yet, on the other hand, it is this very dire situation that gives us the greatest opportunity upon this planet. If we have ever wondered what our true role as man upon the earth is, now is the time for us to find out. Either we all succumb to total apathy and, like the rest of the sheep, accept our complete loss of freedom and eventual miserable demise meekly and obediently, or else we rise to the occasion by fighting for our lives, for what we believe in, for what we want for ourselves

and others, and thereby start creating the world we wish to live in. In other words, now is the time to perish, or to bring into manifestation any godlike powers we may have.

People still do not believe that we create our own reality, but we do, and herein lie our god-like powers. The world we live in today is the result of our perception. Had our perception of ourselves, of Big Brother and of the world been different, we would not have a world crisis to contend with. But if the world situation today is the result of our own doings, then we likewise have the power within ourselves to change the world into whatever we would like it to be. The choice is ours, and we have no-one to blame for the situation we find ourselves in or for the choices we make. We can either see ourselves as being the victims of our circumstances and of Big Brother, or else we can see that this crisis we are facing is our gap to freedom that we ourselves have created, albeit by default.

Of course the million-dollar question that inevitably arises at this point is, “But what can I as one person alone do?” Although this question is inevitable, and although it has become a totally ingrained mind-set, it is nevertheless an invalid question. It is invalid because it does not go anywhere other than to cement our belief in being helpless victims of circumstance. A much more valid question to ask would be something like, “Where can I make a start?” Invalid questions never lead to new knowledge, whereas valid questions always lead us to gain new knowledge.

So then, where do we start in creating for ourselves a new reality and the world we would like to live in? The answer, as with most things in life, is simple. We start right here and right now, with what we have available to us. What do we have available to us? Again the answer is exceedingly simple: we have ourselves. But before we rush off to save the world let us never forget that charity starts at home, and therefore before we can save anyone or anything else we must first be able to save ourselves.

Saving ourselves is not nearly such a crime as we have been socially conditioned into believing it to be. The truth is quite the contrary to our accepted beliefs. Therefore, as we set out to change ourselves and the world around us, it is vital for us to know the difference between being selfish, as opposed to being self-centred. Being selfish means that you respect yourself enough, and love yourself enough, to want what is only the very best for you, and because of this, you also want only the very best for everyone else around you, as deep down inside we all know that the survival of the unit is dependent upon the well-being of the whole. Being self- centred though, is the opposite of being selfish, for being self-centred means that you care only about yourself and about no-one else. The attitude of the truly selfish person is, “I’ll help you so that you can help me in return, and by co-operating together in this way we can both win and be happy.” By contrast, the attitude of the self-centred person is all too well-known today; namely, each and every person for himself, and the devil for us all.

Selfishness is the very essence of holism, for holism means that the well-being, the prosperity and the happiness of the individual is dependent upon his or her ability to see that all of life is thoroughly and completely interrelated, interactive and therefore also interdependent. Holism teaches us that it is unreasonable to assume that the individual can flourish when the greater whole is perishing - and moreover that this is also impossible. But this does not mean that as individuals we are powerless. No, not at all. For holism also teaches us that the well-being of the whole is completely dependent upon the well-being of its constituent parts. We therefore see that the individual and the greater whole, of which he or she is a part, are one hundred percent dependent upon one another. The one cannot flourish without the other, and the one cannot perish without the other also perishing.

From this it follows that holism is about each and every individual making the required effort to uplift him or herself, so that as a result of all these efforts the whole also becomes uplifted. Needless to say, it is very clear to see how such a relationship between the individual and the whole is completely reciprocal, for as the whole becomes uplifted and starts to flourish, so does the whole support and uplift the individual, with the consequence that making an even greater effort becomes possible for the individual. Realise though, that this is our greatest challenge today, for Big Brother, in his efforts to dominate more and more, is in every way trying to disempower the individual. So our challenge is to take back our power as individuals.

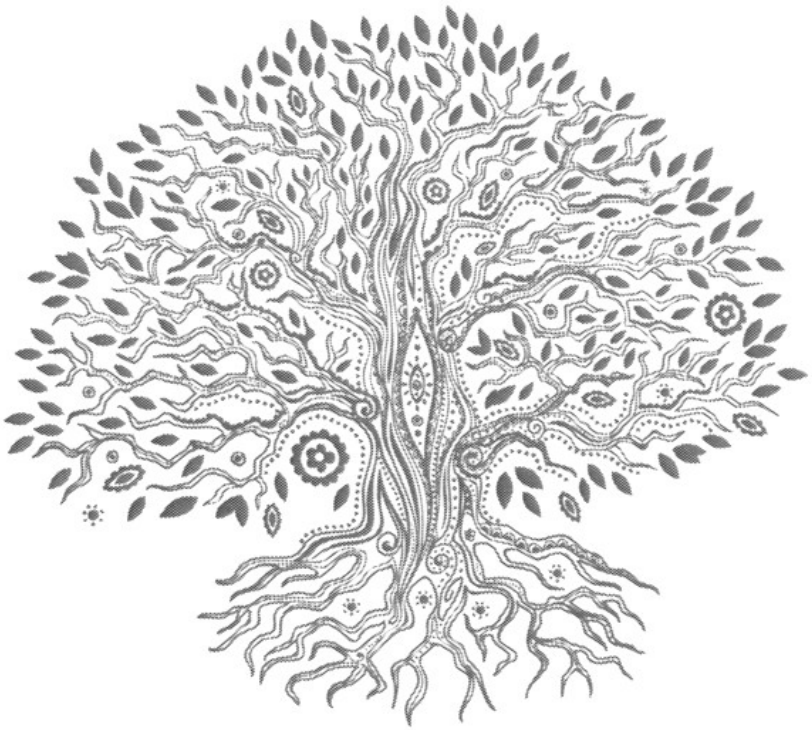
Taking back our power is not all that difficult to do, and once we see how it can work, it is also fun. Taking back our power starts with all the little things in life, for like life itself, the small things are the units that make up the greater whole we call our life in general. As a result, when we start to take care of the little things, it becomes ever more clear to us how also to take back our power in more significant and major challenges. But most important of all, as we start to feel more empowered, so our mindsets start to change, allowing us to see that the individual is not nearly as powerless as we have been made to believe.

So let us return to our question; “Where do we start?”

A great many people simply stare themselves blind at the face value, and so it is hardly surprising that they feel helpless and powerless. For example, most people would say that it is a lack of money that makes them helpless, because without money there is not much choice in what we can do. But this is not true. Although all of us need money, money in itself is not what makes us powerful or powerless, even though this is the biggest illusion Big Brother is imposing upon us - and not just Big Brother, but also our fellow human beings. Today nearly everyone believes that if you have enough money you are powerful, or at least, can be powerful.

It is true that money helps, but a lack of money in itself is not what disempowers us. If we look closely at the world we live in we see two major areas in which we have become almost completely disempowered; namely, food and health. We can be the richest people in the world, but if there is no food to be bought, we would still starve to death. And of what use is all your money if you are suffering from ill health, or even a terminal illness that allopathic medicine cannot heal? Worse still, even though there is at the current time still enough food to be bought, and there is an abundance of allopathic doctors, why are people generally feeling less and less healthy, and why are their mindsets deteriorating into ever more negativity?

In this book we are going to have a detailed look at these two major areas; food and health, in detail, and we are going to learn in a practical way what we can do about becoming much more self-sufficient with respect to these two vital aspects of our lives.



Chapter One

Food & Diet

Many people assume that the reason we are no longer as healthy as we should be is because of the amount of stress that is so prevalent in our daily lives. But this, although true, is not the whole truth. More than anything else, the most important factor in this is that we have completely handed our power to Big Brother in all aspects of our food supply, including what we eat and how we eat. In the main, we have done this is through our capitulation to supporting supermarkets that make life easy for us. No one can deny how very quick and convenient it is to stock up your refrigerator and food shelves with items bought from your local supermarket. Yes, it is quick and easy, and you can even buy oven-ready dishes that take no time at all to prepare. Simply pop them into the microwave oven for four or five minutes and you have a ready-made meal. But have you ever looked at the consequences of supporting this type of life-style?

Supermarkets, because of their massive trade, need huge supplies of food on ready demand. And because they carry vast amounts of stock, all this stock must last and not perish too quickly. So most foods today are pumped full of preservatives of every description, many of which cause severe health problems. But now you may ask, “How can this be? Are there not people who work on a daily basis making sure that the food we buy is healthy for us?”

Yes, there are people who are supposed to be working at looking after our health, but the sad truth is that most of these people cannot be trusted. The majority, like you and me, need an income, and in order to keep their jobs they have to deliver the results they are told to find. So if they are working for a big manufacturer of food preservatives, and the manufacturer wants to promote a preservative that he knows up-front is detrimental to health, these people are told to find ways of proving why the preservative is not harmful to us. And this happens not only with food, but also with medication. The big boys, whether they be manufacturers of preservatives, food additives, or pharmaceutical companies, simply say to the biologists and scientists in their employ, “This is the product I want to use, and it is cheap and will make me lots of money. I don’t care that it is toxic. Your job is to discover how we can show everyone concerned that it is good for them!"

Consequently there is very little today in supermarket produce that has not been contaminated with toxic matter in one way or another. This applies across the board, no matter whether it is tinned food, dried food, preserved food, frozen food, soft drinks, dairy products, toothpaste, bath soap, shampoo, laundry detergents, cleaning materials, oven cleaners, furniture polish, window cleaners, or fresh foods. All of these will contain some form of substances that are not good for our health.

You may ask; “But what about fresh fruit and vegetables? Surely these must be safe?” Once again the answer is no, because many fruits and vegetables today have been genetically modified in order to be the right shape, size and colour, and most importantly of all, to have a long shelf life. So before you become excited about the excellent quality of the tomatoes from your local supermarket, first do a little research into why they do not deteriorate like normal vegetables, even after you have kept them in the refrigerator for as long as three months! Vegetables that will not decompose for months are highly suspect, and this means that not only have they been genetically modified, and no longer contain any real nourishment, but they may also contain dangerous toxins.

Furthermore, because ready-prepared foods have become so sought-after by customers who do not have much time to prepare decent meals, these foods have become known as value-added products. As a result they tend to be expensive, but more than this, they are generally pumped full of all sorts of toxic substances to make them last on the shelves. Additionally, few people realise that very many of these so-called value-added products are made on the premises, from products in the store that have gone past their sell-by date. Therefore such products are firstly very poor in terms of nourishment, and secondly, they are also dangerous to our health, in that they are already deteriorating by the time they are used and consumed.

But perhaps the biggest disaster of our support for the big supermarkets is in the fate of the little greengrocers, bakers and butchers that have been squeezed out of business, because they cannot compete against the food giants. Yet it was all these little independents that used to look after our interests when they were still in business, for they knew that their businesses were dependent upon giving the customer real quality. However, it is not only these good folks who have vanished from our lives, but also the genuine farmers.

Generally speaking, farmers are no longer interested in supplying the local markets with good quality home-grown products. Today, in common with most people, farmers are only interested in making as much money as possible. If this means selling to supermarkets vast quantities of vegetables which have been grown from genetically modified seeds and using highly toxic chemical fertilisers, that not only destroy the earth, but also pollute the groundwater, then this is what they do. Most big farmers no longer farm in the true sense of the word. Instead they plunder the land in order to make a quick buck. If we buy our produce from the supermarkets, we are eating the poisons they produce in our food, regardless of the type of foodstuffs we buy.

Vegetables are not the only food to be adversely affected, for many dairy and fresh meat products are also no longer safe and healthy. Farm animals are fed a diet of all sorts of cheap by-products, and are then pumped full of antibiotics and other chemical agents in order to be disease-free, to

produce more milk, and to produce more meat. Therefore, most milk bought from big commercial dairies today is already full of antibiotics, and so too are the products made from milk. Most of the so-called processed foods, such as processed cheeses and meat, are made from inferior quality products that have had their shelf life enhanced by the addition of highly toxic substances. Even normal cheeses today are rarely free from chemicals, for the process involved in making good quality cheese is long and expensive, and therefore most commercial cheeseries today use chemicals to speed up the process and to save on the cost of capital investment.

Turning now to our own handling of food, I would like to look at how we use what are generally also regarded as convenient cooking methods such as microwaving and steaming. The majority of the public have been brainwashed through the media into believing that microwaves are the answer to saving time, and that food steamers are also a very healthy way in which to cook. Yet most of this propaganda is not true, and is merely a ploy of the manufacturers to make a great deal of money. Indiscriminate use of poor quality microwave ovens destroys whatever nourishment may be left in raw foods, as do many popular food steamers.

Generally speaking microwave ovens cannot be used for cooking vegetables, in that the microwave energy destroys the vitamins contained in the food. Even when cooking meat and fish, it is best not to use only microwave power. If you simply must cook with a microwave oven, then the best microwave ovens are unfortunately also the most expensive ones on the market, for these use a combination of normal heat and microwave energy. Such microwave ovens can be reasonably successful for cooking meats and fish, and also cereals, but they should still not be used for cooking vegetables and fruit.

Likewise, it is commonly believed that cooking your food with steam is highly nutritious, but although there is an element of truth in this, it very much depends on what type of steaming process you are using. Steam under pressure can reach temperatures of up to 520° C. No food cooked at such high temperatures can retain its natural goodness. All vitamins are destroyed, and the natural amino acids are broken down into substances that do not feed the body. Therefore if you are going to steam your

vegetables, you will do much better to use the old-fashioned way, by placing your vegetables in a sieve or colander over a pot of boiling water.

So what then should we do about all this? The answer is not at all difficult to implement. Start off by doing your own research on the internet on what I have shared above. Do not just take my word for it, but start educating yourself in terms of food and nourishment. Then spread the word to all of your family and friends. Secondly, start supporting the few farmers left who still believe in farming the good old-fashioned way, and stop supporting the supermarkets. If more and more of us start creating a demand for fruit and vegetables, dairy products and meat, that have been organically farmed, this will encourage farmers to produce these for us, since invariably we will be able to buy them at a better price than the supermarkets, who want to buy everything for a song.

Above all, learn to become much more self-sufficient in terms of growing your own food, and also making your own soap, shampoo and cleaning agents. In this book I will show you how to make these, and I will also show you that it is both easy, as well as fun!

It is really not difficult to become more self-sufficient in growing your own food, for even if you live in an apartment and do not have a garden, there are still many kinds of healthy sprouts you can cultivate in a few glass jars in your kitchen. Such sprouts are delicious in salads, on home-baked bread, or added to soups and stews just before serving, and they are also highly nutritious and extremely easy to cultivate. A few flower boxes, placed in a sunny spot on your balcony or on your window sills, will produce enough lettuce, green beans, spinach and tomatoes for one person. All you need to do, is to educate yourself about the methods, which are freely available on the internet.

When it comes to taking back your power with respect to your food, the first thing I want to point out is that you should forget everything you have been socially conditioned into believing about food, nutrition and exercise. Most of what is being advertised about this is a scam designed to get you to part with your money, and far from being beneficial, such methods are often detrimental to your health.

I am now going to speak very briefly about what constitutes a healthy diet, and then a little about exercise. In order to be brief I am simply going to give you some rules of thumb.

If you are overweight it does not necessarily mean that you eat too much. Most of the time the cause of excess weight lies in your emotional state of being. If you are feeling unhappy, or insecure or unloved, or unlovable, you will subconsciously try to compensate for this by craving the kinds of food you find to be comforting, but which are not necessarily good for you. Such foods encourage the body to store fat for a rainy day, rather than to burn fat for energy. Additionally, as a result of not having a good state of being, the chances are that you will not feel very inspired to be particularly active, and therefore the food you eat is then automatically stored as fat, for you are not needing it in terms of energy.

The other current and prevalent cause for being overweight is being office-bound in front of a computer, or being in a job that entails precious little physical exercise. The answer to this does not lie in working out in a gym, or doing all sorts of weird and wonderful physical jerks at home, but rather in finding ways to be more physically active. For example, instead of buying your soap and cleaning materials, make your own, and instead of hiring a gardening service, make the time to do your own gardening. These steps in themselves will give you sufficient exercise to maintain good health, and will also burn away your unwanted fat.

If you lack enthusiasm and energy, and find that you are generally just tired and depressed, it means that either you are not eating the right foods, or else some of your glands are not functioning properly. So instead of going to a doctor to prescribe you a pill that will pep you up, start treating your endocrine system with coMra-Therapy, which I will explain in the chapter on healing, and change your diet.

A really healthy diet, called a ‘high protein-high fat’ diet yields lots of energy and abundant health, whilst at the same time decreasing body fat Although it has been around for a great many years the pharmaceutical companies and the allopathic medical fraternity have desperately tried to discredit it, because they think it threatens their incomes. This ‘high protein-high fat’ diet was first devised by nutritionist Dr. John Yudkin. I have tried and tested it on a great many professional dancers, gymnasts and athletes over several years, and have found it to be extremely effective for reducing weight and for promoting good health, fitness and energy. I am going to summarise this diet for you, but if you wish to know more about how it works, then get yourself a copy of Yudkin’s book, entitled, This Slimming Business. It is an excellent little book that dispels many of the myths and urban legends surrounding obesity.

The high protein and high fat diet is not based upon boring and complex calories, but on the easy to understand principle of carbohydrate units. At the end of this chapter I will give you a table of carbohydrate units, but for now all you need to understand is that food can be divided into five main categories or groups, and these groups are based not only on their nutritional value, but also on the number of carbohydrate units they contain.

The very simple rule of thumb forming the basis of this diet is that none of us need more than 10 carbohydrate units per day. Regular consumption of more carbohydrate units will make you fatter, and will also tend to make you unfit and unhealthy.

The Five Food Groups

- Meat, Fish and Eggs
- Fruit and Vegetables
- Milk and Cheese
- Butter and Other Fats
- Sugar and Carbohydrates

In order to be healthy, full of energy and slim, you should choose your daily menu from the first four groups of foods, and avoid as much as possible the intake of group five. The way to do this is to choose foods from groups 1 to 4, and then in order to see how much of each food you are allowed per day, you then consult the table of carbohydrate units on p.28. But in reality, you very soon will have memorised this.

Following this diet is not at all difficult to do, and neither is it a hardship, for on this diet we do not count calories. In fact, people who have used this diet with great success have found that many of the foods contain zero carbohydrate units. Consequently, they can eat as much of them as they wish, making it possible to reduce weight extremely quickly and safely by eating zero carbohydrate units per day, and yet still have plenty of food to eat. This is therefore not a starvation diet; on the contrary you eat plenty of very interesting and delicious meals, and yet you get to lose weight if you are overweight, increase weight if you are underweight, gain lots of energy and vitality, and you never feel down or depressed. It is quite simply a fabulous diet, and because it is not a hardship, it quickly becomes one’s normal diet. In addition, because it is a highly nutritious diet, it also boosts the immune system.

Now let us look at a few facts concerning this diet. The first of these concerns the so-called high protein, high fat content of this diet. This immediately sparks off the fear of cholesterol. However, let us look at this a little more closely.

The first point is that, although this is termed a high protein diet, have you considered how many steaks a day you can really eat? In addition, if you have no bread and no biscuits on which to spread butter, or no pasta on which to cover with oodles of buttery sauce, how much fat can you in reality eat per day? No, the description of this diet as being a high protein and high

fat diet refers, not to any additional quantity of extra protein and fat that is being consumed, but to the fact that in relation to the quantity of carbohydrates being consumed the amount of protein and fats is proportionally much higher than the quantity of carbohydrates. Secondly, cholesterol, contrary to what medical science claims, is not caused by eating too much protein and fat, but by unresolved emotions and stress building up neurological toxins in the nervous system and these in turn poison some of the glands and the organs. So, far from increasing your cholesterol level, being on this diet will reduce it, because you will be alleviating much unresolved stress, by gaining in health and vitality.

Having cleared up the issue surrounding cholesterol, we can now consider the other highly beneficial effects of eating as much protein and fat as you wish, for there are many benefits to this diet.

Freely eating protein and fats not only boosts the immune system as I mentioned earlier, but also builds much stamina and vitality. This is contrary to the effects of eating a lot of carbohydrate; namely sugar and starch, which make one lethargic and lazy, wanting to lie down and sleep, instead of becoming physically active. The revitalising effects of eating protein and fats positively affects physical vitality and in addition, promotes emotional and mental vitality. After a period of eating more protein and fats than carbohydrates, the mind becomes much sharper and clearer, and the emotions become much more stable and not so volatile.

Although up until now we have been concerning ourselves with just the face value of this diet; that is, protein and fat, there is far more to this diet than sitting down to meals composed of protein and fats. On this diet you also get to eat plenty of fresh vegetables, in the form of both salads and cooked vegetables. However, since carbohydrates are to be avoided as much as possible, this means that your main sources of vegetables are the green vegetables, whilst the red vegetables, which are quite high in carbohydrates, are eaten carefully and in moderation. What this means is that you have an endless supply of vegetables to choose from which are more or less completely free of carbohydrate units, allowing you to eat as much green stuff as you like. In addition, since fats are encouraged you can go to town on salad dressings, provided you make these yourself and avoid the commercial ones, which contain not only carbohydrates, but also toxic preservatives.

Another very enjoyable part to this diet is the freedom to eat as much of your favourite cheese as you like. Cheese has a zero carbohydrate content so you can really jolly up your life by eating as much as you like, without feeling guilty that you are somehow cheating. However, as I mentioned before, not all cheeses today are entirely healthy. Therefore when choosing your cheeses, make sure you buy only very high quality cheeses, and avoid buying the cheaper brands, for these invariably contain not only preservatives, but also other dangerous chemicals, which is why they are the

cheapest of the cheeses. Generally speaking most of the soft cheeses, such as the white mould cheeses, the blue mould cheeses, cream cheese, feta cheese, as well as high quality English cheddar cheese and the Danish and French Gouda type cheeses are still made in the traditional way. Also, since these types of cheese cannot be made from milk containing antibiotics, these cheeses are also normally made from high quality milk that is free from harmful substances. Avoid buying any form of processed cheeses!

This then leads us to dessert. Most diets are sheer murder in that they allow you to eat nothing that is even vaguely palatable, and most especially not dessert! Yet what better way to end a wonderful meal than with either a delicious cheese platter, without the biscuits, but using fresh fruit instead, or else with a bowl of fresh fruit salad and cream? Alternatively you could settle for a baked custard without all the caramelised sugar on top. The point is that with this diet you eat wonderful meals which are not only appetising and delicious, but which are also thoroughly healthy!

However, as with most good things in life this diet does have at least one limit; namely, alcohol. For some reason that not even nutritionists understand, the body treats alcohol as if it were a sugar; that is, a carbohydrate. So on this diet you cannot afford to be an alcoholic! But then is this a bad thing? Excessive alcohol is not exactly what can be termed healthy. Nonetheless, as you will learn from the table of carbohydrate units on p.28, you are allowed a little alcohol and wine on this diet.

So all is not lost, and if you can have just one glass of an excellent wine per day, it is amazing how long you can make that glass of wine last. Moreover, since you can have only one glass per day you can now afford to drink any wine of your choice, irrespective of cost. So this too makes one feel good.

Finally, there are only two cardinal rules on this diet. The first rule is that you must see to it that you never exceed 10 carbohydrate units per day. However, this does not mean that you cannot have the occasional binge. Once you have lost the weight you need to lose, or once you have gained the weight you have been trying to gain, it does you no harm to go on the occasional binge. So when that special occasion comes along: a birthday, or a wedding or even just a dinner party, provided it is not every week, then you can happily cast all caution to the wind for that one meal without having to worry about serious repercussions and consequences to your weight and shape.

The second cardinal rule is not to overeat. Even if your meal contains zero carbohydrate units, if you insist upon eating enough for a week in one sitting, then you are not going to lose any weight, for the simple reason that you are eating far more than your body needs. In the table of carbohydrate units I give the recommended portions. These portions are healthy portions, and therefore you need not go hungry. But do stick to these portions

wherever possible, or if you like, eat even less than one portion. A good rule of thumb in measuring how much food your body needs is that you should feel satiated after a meal, but still with a little room to spare. You should not feel hungry, but you should feel that you could have eaten a little more had you wished to do so.

And now we come to that age-old million-dollar question; namely, “How long will it take me to lose weight?”

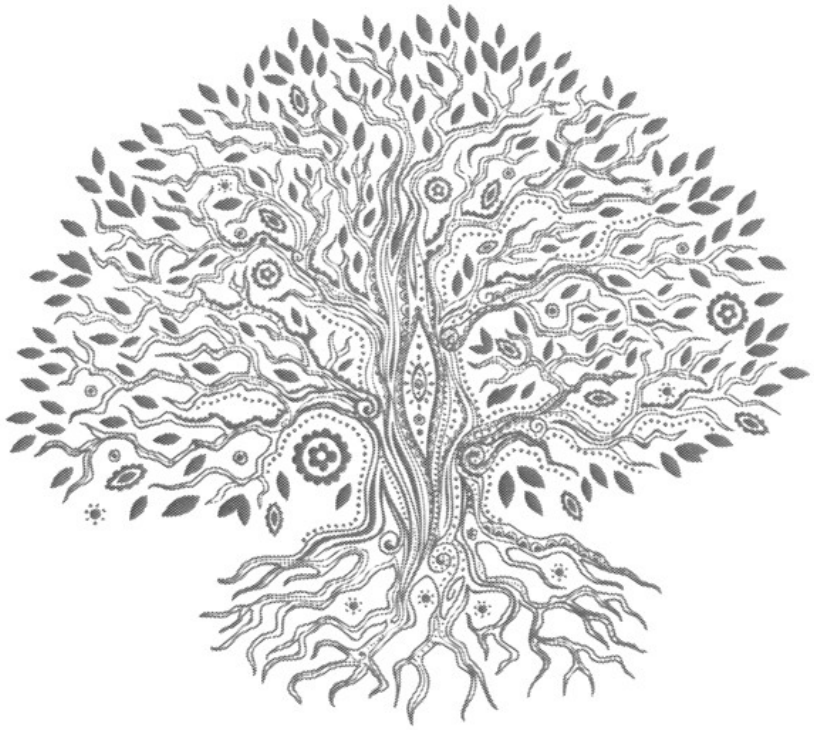
Usually such a question would be deemed to be an invalid question, but strangely enough, when it comes to this diet it is a most important question, for different people react differently to this diet, depending upon their metabolism. There are three different reactions, which I will list below.

1. Some people start losing weight consistently from the moment they start this diet.

2. Others will start to lose weight, then hit a plateau, and then lose weight again.

3. Still others will start with a plateau on which they do not lose weight, only then to suddenly starting losing weight rather quickly.

The duration of plateaus also varies widely between one individual and the next. But generally speaking a plateau can range from between 3 weeks to 6 weeks. Should you be one of the people who are prone to plateaus, the best advice I can give you is not to become disheartened, but simply to persevere. The results are well worth it, and even if you are not losing any weight you will still begin to feel the enhanced state of well-being which this diet yields.



Chapter Two

Carbohydrate Table

Foodstuff	Portion (1 serving)	Carbohydrate Units
Alcohol (*spirits*)	60 ml	8
Ale & Beer,		
light	0,5 litre	6
heavy	0,5 litre	7
Almonds	60 nuts	1
Apricot,		
raw	35 g	1
dried	30 g	2
Artichoke,		
globe	150 g	1
Jerusalem	120 g	1
Asparagus	120 g	½
Avocado pear	120 g	1
Banana	35 g	5
Barley,		
cooked	120 g	5
Beans,		
baked (tinned)	120 g	4
broad	120 g	3
butter	120 g	4
green	120 g	½
haricot	120 g	4
Beetroot	120 g	2
Biscuits,		
sweet	2 small	3
savoury	3 medium	3
Blackberries	120 g	2
Blackcurrants,		
raw	30 ml	4

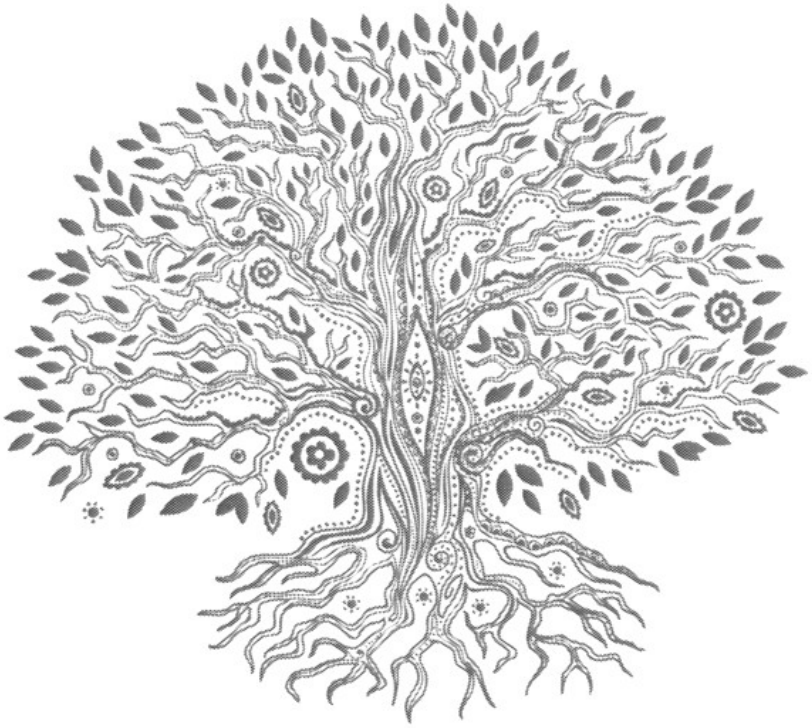
syrup	120 g	2
Bovril & Marmite	5 ml	0
Brazil nuts	20 nuts	1
Bread,	1 slice	3
crisp	1 slice	3
Breakfast cereals	30 g	5
Bun & Roll	60 g	5
Butter		0
Cabbage	120 g	0
Cake,		
plain	1 slice	7
cream	1 slice	7
iced	1 slice	8
Carrots	120 g	2
Cashew nuts	30 g	2
Cauliflower	120 g	½
Celeriac	120 g	1
Celery	120 g	0
Cheese	120 g	0
Cherries	120 g	3
Chestnuts	60 g	4
Chicory	120 g	0
Chocolate	90 g	5
Chutney	15 ml	1
Cider	0,5 litre	14
Coca Cola	0,5 litre	8
Cocoa powder	5 ml	0
Coconut,	30 g	2
milk	250 ml	4
Coffee (*with cream only*)	4 cups	0
Corn,		
canned	120 g	4
on cob	1 cob	4

Cornflour	30 ml	5
Cottage pie	120 g	3
Cranberries,	120 g	2
sauce	30 ml	3
Cream	125 ml	0
Cucumber	120 g	2
Currants	60 g	1
Custard,		
egg	120 g	0
from powder	120 g	3
Dates	30 g	4
Doughnuts	1	6
Eggs	3	0
Fat	120 g	0
Figs,		
fresh	120 g	3
dried	60 g	6
Fish,		
cake	300 g	2
paste	1	0
Flour	30 g	4
Gelatine	Any amount	0
Gooseberries	120 g	2
Grapefruit,	120 g	1
juice	250 ml	6
Grapes	120 g	3
Hazel nuts	30	1
Honey	30 ml	5
Horlicks (*powder*)	25 ml	2
Ice cream	120 g	12
Irish Stew	120 g	2
Jams	15 ml	2

Jellies	120 g	4
Kedgeree	120 g	5
Kohlrabi	120 g	1
Leeks	120 g	1
Lentils	120 g	6
Liqueurs	90 ml	15
Liver pate	60 g	0
Loganberries	120 g	1
Macaroni,	120 g	7
cheese	120 g	5
Mandarines	1	1
Mangoes	120 g	3
Marrows	120 g	0
Mayonnaise (*home-made*)	125 ml	0
Meat (*fresh*)	400 g	0
Melons	120 g	1
Milk	0,5 litres	6
Mulberries	120 g	2
Mushrooms	120 g	0
Nectarines	120 g	3
Noodles	120 g	10
Olives		0
Onions	120 g	0
Oranges,	1	3
juice	250 ml	4
Ovaltine (*powder*)	15 ml	1
Pancakes	120 g	8
Parsnips	120 g	2
Pastry	60 g	6
Papaya	1	2
Peaches,	1	2
dried	60 g	6

Peanuts,	120 nuts	4
butter	30 ml	1
Pears	1	3
Peas,	120 g	2
dried	120 g	4
Peppers	120 g	0
Pineapple,	120 g	2
juice	250 ml	4
Plums	120 g	2
Potatoes	120 g	5
Potato crisps	30 g	3
Prunes	30 g	1
Raisins	30 g	4
Raspberries	120 g	2
Redcurrants	120 g	1
Rhubarb (*no sugar added*)	120 g	0
Rice	120 g	4
Sago	120 g	4
Saccharine	Any amount	0
Sausages (*cereal free*)	4	0
Scones	1	6
Soft drinks	250 ml	8
Soups	250 ml	0-2
Steak & Kidney pie	120 g	4
Strawberries	120 g	2
Sugar	15 ml	3
Swedes	120 g	1
Sweet potatoes	120 g	7
Syrup	15 ml	3
Tangerines	1	1
Tapioca	120 g	4
Tea (*without milk*)	4 cups	0

Tinned fruit in syrup	120 g	5
Tinned fruit juices	250 ml	6
Tomatoes,	120 g	1
juice	250 ml	2
Turnips	120 g	2
Vinegar	60 ml	0
Walnuts	20 nuts	1
Wine	1 glass	4
Yams	120 g	4
Yoghurt	125 ml	2
Yorkshire pudding	120 g	6



Chapter Three

Sample Dishes

In this chapter I am not attempting to give a recipe book. Instead I wish to present just a few sample recipes to get you going, to whet your appetite, and to get your creative juices flowing. The main reason for this book, as I try to explain in the Introduction, is health and self-sufficiency, and this means developing a holistic approach towards life, in which you are the master of your own life. I therefore encourage you to take the information imparted in this book as a kick-start towards becoming creative and innovative. The few sample recipes given in this chapter will help you get into the correct mindset to start creating your own delicious recipes and menus.

Please take careful note of temperatures and cooking times, for these recipes are also designed to teach you the basics of good nutritional cooking. Remember that you do not want to overcook your food, or to overheat your food, for this will not only spoil the taste, but will also destroy the nutritional value of your food. Moreover, you do not want to boil vegetables in loads of water which you then drain, because if you do this you are going to drain off most of the goodness contained within the vegetables. So it is important for you to learn to use only as much water as you need, reducing the remaining liquid if need be. You want to keep every last bit of tastiness and nutrition, without wasting any of it.

Finally, these recipes are designed to take the least amount of time in terms of preparation and cooking. The idea of holism is that everything is as important as everything else, and therefore although you want delicious and nutritious meals you do not need to spend so much time cooking that you have no time to do anything else, like for example, relaxing with your loved one, your family or your friends over a drink.

Breakfast

Breakfast is the most important meal of the day, for without breakfast you will have difficulty waking up properly, and you will quickly run out of energy half-way through the morning. So make sure not to skip breakfast. And in terms of quantity remember the age-old axiom: breakfast like a king; lunch like a prince; and dine like a pauper. It is during the day that you need energy, not at night when you are going to go to sleep. So by all means enjoy your dinner, but eat sparingly at dinner time. Going to sleep on a bloated stomach will only make you feel uncomfortable - quite apart from making you fat!

Breakfast No. 1 (Serves 1) 1 Carbohydrate Unit Per Serving
4 rashers of Bacon (grilled or cooked dry in a skillet) 3 fried
Eggs (fry in 5 g butter)
1 fried Tomato
Tea (with milk) or Coffee (with cream)

Breakfast No.2 (Serves 1) 1 Carbohydrate Unit Per Serving
2 rashers of Bacon (grilled or cooked dry in a skillet)
3 Egg Cheese & Onion Omelette
Tea (with milk) or Coffee (with cream)

Method:

1. First chop half an onion and cook in 1 5 ml butter in a skillet with lid, until brown, then set aside.
2. Slice a few thin slices of cheese.
3. To make a nice fluffy omelette, beat the eggs in a bowl and then add 50 ml milk and beat again. Add salt and pepper to taste.
4. Cook on one side only in a skillet with 1 5 ml butter, and then cook the top under a hot grill. The omelette will fluff up under the grill.
5. Remove from grill, place first the onions and then the cheese on one side only.
6. Replace under grill until the cheese has melted.
7. Remove from the grill, turn the plain side over the onions and cheese, and serve with the bacon whilst still hot.

Breakfast No.3 (Serves 1) 1 Carbohydrate Unit Per Serving

4 rashers of Bacon (diced and cooked dry in a skillet)

Half a Melon (filled with the bacon pieces)

Tea (with milk) or Coffee (with cream)

Note: If you are going to make an omelette for two people, use 6 eggs and 100 ml milk, but follow the same procedure. Once the omelette has been turned, cut in half to form 2 omelettes.

Breakfast No.4 (Serves 1) 0-5 Carbohydrate Units Per Serving

Bowl of fresh Fruit Salad

3 boiled Eggs

Tea (with milk) or Coffee (with cream)

Fruit Salad:

Breakfast No.5 (Serves 1) 5 Carbohydrate Units Per Serving

3 grilled Sausages (cereal free)

3 fried Eggs

Tea (with milk) or Coffee (with cream)

Coarsely cut up a mixture of any fruit of your choice. If you eat it unsweetened it will amount to zero CU. If you wish to sweeten this, do so with 30 ml honey, but it will then amount to 5 CU.

Breakfast No.6 (Serves 1) 1 Carbohydrate Unit Per Serving

3 grilled Sausages (cereal free)

3 scrambled Eggs (with 50 ml milk added)

1 fried Tomato

Tea (with milk) or Coffee (with cream)

Breakfast No.7 “Sunday Special” (Serves 1) 7 Carbohydrate Units Per Serving

3 grilled Sausages (cereal free)

- 3 rashers Bacon (grilled)
- 3 fried Eggs
- 1 fried Tomato
- 2 Croissants
- Butter
- 5 ml Jam
- 5 ml Honey
- Tea (with milk) or Coffee (with cream)

Lunch

Lunch No. 1 (Serves 1) 1 Carbohydrate Unit Per Serving

Plate of mixed cold Meats (300 g)

Mixed Green Salad with vinaigrette dressing (120 g)

Bowl of fresh Papaya Salad and cream

Vinaigrette Dressing:

60 ml Apple Cider vinegar

Juice of half a Lemon

¼ tsp Grated rind of Lemon

125 ml Extra Virgin Olive oil

3 tablets of pure Saccharine for sweetening

Method:

1. Combine vinegar and sweetener in a small bowl and mix until sweetener has dissolved.
2. Add lemon rind and olive oil, and mix well.
3. Pour over salad and toss well.

Papaya Salad:

Coarsely cut up a half a papaya and serve with cream.

Lunch No.2 (Serves 1) 0 Carbohydrate Units Per Serving

Tuna Salad (mixed green salad with tuna and vinaigrette dressing)

Tea (with milk) or Coffee (with cream)

Lunch No.3 (Serves 1) 2 Carbohydrate Units Per Serving

Asparagus Souffle (crustless)

Cucumber Salad with a little homemade mayonnaise dressing.

Tea (with milk) or Coffee (with cream)

Asparagus Souffle:

50 g fresh Asparagus (washed, drained and cut into 4 cm pieces)

4 Eggs (beaten)

250 ml Cream

250 ml Water

5 ml Oregano (finely chopped)

Salt and pepper to taste

Method:

1. Steam the asparagus in a sieve over boiling water until just tender. Remove from the heat and set aside.
2. Beat together the eggs, cream and water and season with salt and pepper. Mix in the oregano and the asparagus.
3. Pour mixture into a greased baking tin and bake for 45 min at 160° C, or until the custard mixture is just set.
4. Cut into slices and serve whilst still hot with Cucumber salad.

Homemade Mayonnaise:

5 ml Mustard Powder

2,5 ml Salt

Cayenne pepper to taste

2 Egg yolks

25 ml Lemon Juice

25 ml White Wine vinegar

250 ml Extra Virgin Olive Oil

Method:

1. Mix dry ingredients in a cup.
2. Beat egg yolks until combined.
3. Pour into either a deep bowl or else into a blender.
4. Add half the lemon juice and the vinegar and mix well, either with the blender on, or if using a bowl, with a wire whisk.
5. Whilst beating steadily but not too fast, add the oil one drop at a time to start with, and then gradually increase the number of drops as the consistency becomes more creamlike. Do NOT add the oil too quickly, otherwise the mayonnaise will curdle!
6. If too thick add more lemon juice and vinegar from time to time, until all has been used up.
7. Bottle and refrigerate until needed.

Lunch No.4 (Serves 1) 2 Carbohydrate Units Per Serving

3 grilled Beef patties (100 g each)

Mixed Garden Salad (red and green vegetables with vinaigrette dressing)

Tea (with milk) or Coffee (with cream)

Lunch No.5 (Serves 1) 0 Carbohydrate Units Per Serving

2 Avocado Pear halves, filled with cooked Prawns & homemade Seafood Dressing

Tea (with milk) or Coffee (with cream)

To cook Prawns:

1. Use frozen prawns that have already been cleaned (300 g).
2. Heat a skillet and add 50 ml butter.
3. As soon as the butter has melted add the frozen prawns and cook, stirring constantly until the meat is just firm.
4. Remove from the heat and allow to cool.

Seafood Dressing:

125 ml homemade Mayonnaise

10 ml Tomato Ketchup

5 ml Worcestershire sauce

5 drops Tabasco sauce

50 ml Lemon juice

3 Saccharine tablets

25 ml Sherry

Method:

1. Dissolve the saccharine in the lemon juice.
2. Combine all ingredients in a mixing bowl, whisking with a wire whisk.
3. Add the prawns with a spoon, and fill the avocado halves with the mixture.

Lunch No.6 (Serves 1) 0 Carbohydrate Units Per Serving

300 g cold Roast Chicken Mayonnaise

Fresh Green Salad with no dressing

Tea (with milk) or Coffee (with cream)

Method:

1. Use cold left-over roast chicken.
2. Dice the chicken into 1 cm squares.
3. Make the mixed green salad but with no dressing.
4. Mix the chicken pieces through the salad.
5. Mix 1 25 ml homemade mayonnaise into the salad, and add 60 ml chopped coriander.

Lunch No.7 (Serves 1) 0 Carbohydrate Units Per Serving

Grilled Beef Steak

Fresh mixed Green Salad with vinaigrette dressing

Tea (with milk) or Coffee (with cream)

Dinner - Appetizers

Prawn Bisque (Serves 4) ½ Carbohydrate Unit Per Serving

12 King Prawns

1 bunch Spring Onions (chopped with at least half of the green leaves)

1 small Carrot (grated)

10 ml Coriander (finely chopped)

1 cube Chicken Stock (enough to make 1 litre of stock)

500 ml Cream

1 litre Water

Salt and pepper to taste

Method:

1. Clean the prawns and devein, keeping the shells and the heads, and discarding the veins.
2. In a 1 litre saucepan bring the water to boil with the chicken stock cube.
3. Once the water is boiling add the prawn shells and the heads, and bring to the boil again.
4. Turn down the heat and simmer for 2 hours.
5. Strain the liquid through a fine sieve, discarding the heads and the shells, then return the liquid to the pot and add the carrot and the onions.
6. Simmer until vegetables are tender. Remove from the heat and allow to cool for a few minutes.
7. Liquidise the mixture and return to the saucepan. Add salt and pepper to taste. Then reduce over a high heat until only about 125 ml of liquid remains. Set aside until needed.
8. Just before serving add the cream to the remaining liquid and reheat until just nicely hot, but not boiling hot. Overheating will cause the cream to break down and curdle, destroying not only its nutritional value, but also its taste.
9. Whilst reheating the soup heat 30 g butter in a skillet, and once hot, but not smoking hot, add the prawn tails and cook until just firm. Do not overheat the butter and overcook the prawns, otherwise the butter will taste bitter, the prawns will be tough and you will have destroyed the amino acids they contain.
10. Now put 3 prawns into each of 4 small soup cups, ladle 1 25 ml of soup into each cup, and sprinkle the coriander over the top. Do not stir through.

11. Serve whilst still hot.

Melon & Ginger Balls (Serves 4) 4½ Carbohydrate Units Per Serving

1 Melon (any variety)

30 g Fresh Ginger (finely chopped)

60 ml Brown Sugar

1 litre Water

4 Mint leaves (washed and drained)

Method:

1. With a fruit scoop turn the melon into scoops of melon. Place these in a covered dish and refrigerate until needed.
2. In a 1 litre saucepan bring the water to boil with the ginger and the sugar.
3. Once the water is boiling turn down the heat and simmer for 1 hour.
4. Strain the liquid through a fine sieve, discarding the ginger.
5. Return the liquid to the saucepan and reduce over a high heat until 125 ml remains. Set aside and allow to cool completely.
6. Just before serving arrange the scoops of melon on a side plate and dribble the ginger syrup over the top. Decorate with a mint leaf and serve cold.

Cucumber Bisque (Serves 4) 0 Carbohydrate Units Per Serving

2 English Cucumbers (peeled and diced)

1 bunch Spring Onions (chopped with at least half of the green leaves)

1 Chicken stock cube

1 litre Water

500 ml Cream

30 ml chopped Dill

Method:

1. In a 1 litre saucepan bring the water to boil, then add the stock cube and the onions.
2. Once the water is again boiling turn down the heat and simmer until the onions are tender.
3. Once the onions are tender, use a stick blender to liquidise the onions.

4. Over a high heat reduce the liquid until 125 ml remains. Set aside and allow to cool completely.
5. Once the liquid is cool, pour it into a blender and add the cucumbers. Blend until smooth, then pour into a mixing bowl and stir in the cream.
6. Decorate with chopped fennel and serve cold.

Tomato Soup (Serves 4) 2 Carbohydrate Units Per Serving

8 large ripe Tomatoes (peeled in hot water and cut up roughly)

1 bunch Spring Onions (chopped with at least half of the green leaves)

1 Chicken stock cube

1 litre Water

500 ml Cream

30 ml chopped Parsley

Method:

1. In a 1 litre saucepan bring the water to boil, then add the stock cube and the onions and tomatoes.
2. Once the water is again boiling turn down the heat and simmer until the onions are tender.
3. Once the onions are tender, use a stick blender to liquidise the onions and the tomatoes.
4. Over a high heat reduce the liquid until 1 25 ml remains. Set aside until needed.
5. Just before serving, reheat the soup and then add the cream. Stir to combine and serve whilst still hot. Top each bowl of soup with parsley.

Dinner – Entrees (Hors d'oeuvres)

Chicken Liver Pate (Serves 4) 1 Carbohydrate Unit Per Serving

250 g Chicken Livers
1 large Onion (sliced lengthways)
4 cloves Garlic (chopped fine)
180 g Butter
50 ml Sherry
50 ml Brandy Salt and pepper to taste

Method:

1. Wash and clean the chicken livers.
2. Brown the onions in a saucepan with 50 g butter.
3. Add the chicken livers, garlic, salt & pepper, cook until the livers are well done.
4. Remove the liver and onions from the saucepan, and then over a high heat reduce the remaining stock until no liquid is left. Take care not to burn it.
5. Combine the liver, onions, the remaining stock from the saucepan, and the butter in a food processor and process until smooth and creamy. There must be no solid bits of liver left.
6. Using a rubber spatula empty the mixture into a 1 litre bowl and add the brandy and the sherry.
7. Allow to cool down completely, stirring occasionally to prevent the butter from separating, and then refrigerate until set. (About 3 hours)
8. Serve by filling half avocado pears with the pate. Alternatively, serve it on top of a bed of shredded lettuce.

Smoked Salmon & Trout Mousse (Serves 4) 0 Carbohydrate Units Per Serving

250 g Trout fillets (roughly chopped)
6 slices of smoked Salmon
1 large Onion (sliced lengthways)
4 cloves Garlic (chopped fine)
250 ml Cream (stiffly whipped)
20 ml Dill (chopped fine)

50 ml Brandy

Salt and pepper to taste

Method:

1. Brown the onions in a saucepan with 50 g butter.
2. Add the trout, garlic, salt and pepper, and cook until the trout is done. Set aside to cool.
3. In the meantime, grease 4 ramekin bowls with butter, and then line the sides and the bottoms with strips of smoked salmon, overlapping the strips for strength.
4. Place the cold trout mixture into a food processor, and process until smooth and creamy. There must be no solid bits of trout left.
5. Using a rubber spatula empty the mixture into a 1 litre bowl and add the brandy, mixing well. Next add the cream and fold through gently with the spatula.
6. Fill the prepared ramekins and refrigerate until needed.
7. Just before serving, place the ramekins into a dish of hot water, then turn out onto a bed of shredded lettuce.
8. Serve with slices of cucumber on the side.

Prawn Cocktail (Serves 4) 0 Carbohydrate Units Per Serving

800 g frozen Prawn tails

1 bunch Spring Onions (coarsely chopped with at least half of the green leaves)

250 ml Seafood Dressing

Salt and pepper to taste

Method:

1. Heat 50 g butter in a skillet.
2. Add the frozen prawns and cook until the prawns are just firm. Set aside to cool.
3. Once the prawns are cool, combine the prawns, chopped onions and seafood dressing in a bowl and mix through. Refrigerate until needed.
4. Serve in hors d’oeuvres glasses lined with shredded lettuce.

Tuna Cocktail (Serves 4) 0 Carbohydrate Units Per Serving

300 g whole tinned Tuna

1 bunch Spring Onions (coarsely chopped with at least half of the green leaves)

30 ml Capers (finely chopped)

30 ml Dill (chopped)

30 ml Coriander (chopped)

250 ml Seafood Dressing

Salt and pepper to taste

Method:

1. Mix all ingredients together well in a bowl, and refrigerate until needed.
2. Serve in hors d’oeuvres glasses lined with shredded lettuce.

Dinner – Main Couses

I am not going to provide recipes for these sample dishes, since these main courses are very simple and require only basic cooking skills. So I am just going to give you some ideas, and allow you to come up with your own menus. And I will also give you some tips on how to cook your food for maximum benefit and taste.

Roast Beef 3 Carbohydrate Units Per Serving

With Glazed Carrots, steamed Green Beans and Celeriac

Tips:

1. When boiling vegetables, never use more water than is needed to cook the vegetables. In other words, the vegetables must boil dry but without burning.
2. Vegetables should never be overcooked. They should be just tender, but still slightly crispy.

Glazed Carrots:

Cut the carrots julienne style and cook in only enough water to boil dry when cooked. Sweeten the water with 4 saccharine tablets before boiling. Once cooked, caramelise with 50 g butter and 30 ml honey.

Celeriac:

Cut up into smallish pieces and then boil in just enough water so that the celeriac is tender, then evaporate the remaining water over a high heat without burning the celeriac. Season with salt and pepper, add plenty of butter and mash. Now add a generous amount of chopped parsley.

Roast Pork 2 Carbohydrate Units Per Serving

With Peas and Tomato & Onion Salad

Pork Crackling:

Remove the pork rind from the meat, and cut into diamond shapes using a Stanley Knife reserved for cooking, but keep the rind intact as one piece. After seasoning the meat with salt, pepper and dried rosemary, place the rind on top of the meat and oil well with a brush. Now sprinkle generously with salt and roast for 1 hr at 180° C, or until the rind is nicely crisp. To keep the rind crisp after roasting remove immediately from the meat and set aside to cool. As it cools it will become more crispy. Break up into pieces using your fingers, and serve with the sliced meat.

Grilled Beef Steak 1 Carbohydrate Unit Per Serving

With a mixed Salad

Fresh Salads:

When making fresh salads learn to use copious amounts of fresh herbs and fresh sprouts to add to the flavour, as well as to the nutritional quality of the food.

Roast Chicken 1 Carbohydrate Unit Per Serving

With mixed vegetables and Cucumber Salad

Mixed Vegetables:

Diced Carrots

Green Beans (cut into 1 cm lengths)

Fresh Peas

Sweetcorn (already cooked and removed from the cob)

Celery (cut into thin slices)

Mushroom slices Diced Onions

Preparation:

1. Bring 1 litre of water to the boil in a saucepan.
2. Add the diced carrots, peas and beans, and boil for 6 min. Then remove the vegetables from the water using a wire strainer. Keep warm.
3. Heat 100 g butter in a skillet and brown the onions, then add the sweetcorn, celery and mushrooms, and heat through. Do not cook again, simply heat the newly-added vegetables.
4. Mix all the vegetables together and serve immediately.

Chicken Curry (Malay Style) (Serves 4) 1 Carbohydrate Unit Per Serving

With Sambals

1 whole Chicken (±1,5 kg)

6 Chicken wings

2 large Onions (sliced lengthways)

1 Tin Coconut milk

1 Chicken stock cube

65 ml Chutney

65 ml Apricot Jam

250 ml Olive oil

4 heaped Tbsp Malaysian Curry mix

4 Bananas (diced)

125 ml Coriander (chopped)

2 Tomatoes (diced)

1 small Onion (chopped)

1 English Cucumber (diced)

125 ml Dill (chopped)

750 ml Double thick Yoghurt or Sour Cream

Method:

1. Cut the chicken into smallish pieces, but keep the wings intact.
2. Place a heavy-based saucepan on the stove and add the oil.
3. Heat the oil and add the chicken. Brown the chicken and then add the curry mix by sprinkling over the top of the meat. Mix through and then add 1 litre of cold water, the stock cube, coconut milk, chutney and jam.
4. Bring to the boil and then simmer until meat is almost tender. Add the onions and continue to simmer until the onions are done.
5. If the sauce is too runny, reduce over a high heat until the sauce is quite thick, but take care not to let it burn.

Sambals:

Combine the tomatoes, onions, dill and 250 ml yoghurt in a small mixing bowl.

Combine the bananas and 250 ml yoghurt in a small mixing bowl.

Combine the cucumber, coriander and 250 ml yoghurt in a mixing bowl.

Curry Mix:

100 g Hot Curry Powder

100 g Mild & Spicy Curry Powder

50 g Extra Spicy Curry Powder

Malaysian Masala:

30 g Coriander Seeds (lightly crushed)

25 g Cumin seeds 10 g dried Red Chillies (ground well)

5 g Black Pepper corns (ground well)

2 Cinnamon sticks (crushed into small pieces)

5 g whole Cloves (well ground)

15 g Cardamom pods (crushed)

5 g Turmeric powder

10 g Star Aniseed (broken up into pieces)

5 g Fennel seeds

Method:

Mix all ingredients together, including the curry powders, and store in a clean, dry jar with an airtight lid.

Grilled Salmon 1 Carbohydrate Unit Per Serving

With steamed Peas and fried Cabbage

Steamed Peas:

Wrap 120 g fresh peas in a lettuce leaf that has been softened in hot water with 1 saccharine tablet and a mint leaf. Do one parcel of peas per person. Then steam the parcels in a sieve placed over a pot of boiling water for 10 min. Serve immediately.

Fried Cabbage: (4 servings)

Cut half a cabbage into very thin slices. Place 1 25 ml olive oil into a heavy-based saucepan and heat.

Rinse the cabbage under cold water in a sieve and whilst still dripping wet place it in the heated pot. Season with salt and freshly ground black pepper.

Keep stirring the cabbage and cook until just tender, but not soft. Some of the cabbage should turn light brown from the frying. Serve immediately.

Desserts

Fruit Salad & Cream 0 Carbohydrate Units per serving if unsweetened;
5 Carbohydrate Units if sweetened

Papaya Cream (Serves 4) 1 Carbohydrate Unit Per Serving

1 ripe Papaya

250 ml Cream (stiffly whipped)

60 ml chopped Lemon Balm or Peppermint

Method:

1. Peel a whole papaya and remove the seeds, then process it in a food processor until smooth.
2. Gently fold in the cream and refrigerate until needed.
3. Serve with chopped Lemon Balm or Peppermint sprinkled on top.

Mango & Banana Mousse (Serves 4) 1 Carbohydrate Unit Per Serving

4 ripe Mangoes (if large then only 2)

2 very ripe Bananas

½ sachet Gelatine (must be able to set 500 ml liquid)

2 large Eggs (separated)

500 ml Cream (whipped)

50 ml Marsala wine

Method:

1. Peel mangoes and remove the flesh from the pips.
2. Process the mangoes and the bananas in a food processor until smooth & creamy.
3. Using a rubber spatula, empty the fruit mix into a mixing bowl.
4. Whip the egg whites until stiff.
5. Whip the cream until stiff.
6. Beat the egg yolks and Marsala together then add to the fruit mixture. Mix well.

7. Dissolve the gelatine and saccharine in 65 ml warm water, and mix into the fruit mixture.
8. Fold in the whipped cream.
9. Fold in the whipped egg whites, and refrigerate until set.
10. Serve with extra pouring cream on the side.

Baked Custard (Serves 4) 0 Carbohydrate Units Per Serving

750 ml Cream
250 ml Water
6 Eggs (beaten)
6 Saccharine tablets
Powdered Nutmeg

Method:

1. Dissolve the saccharine tablets in the water, then mix the water and cream.
2. Mix the beaten eggs into the mixture, and then pour into a greased ceramic or glass baking dish.
3. Bake at 140° C for 1 hour. If still not set after an hour, increase the temperature to 160° C and bake until set. Baked custard is very sensitive to precise temperature, and therefore some ovens need a higher temperature in order to set the custard.

Fruit Smoothies (Serves 4) 2 Carbohydrate Units Per Serving

2 very ripe Bananas
1 ripe Peach (peeled and deseeded)
¼ ripe Papaya (peeled and deseeded)
1 Mango (peeled and deseeded)
500 ml Cream
500 ml Double thick Yoghurt

Method:

1. Place all the fruit into a food processor and process until smooth and creamy. Pour out into a mixing jug.
2. Add the yoghurt and cream and mix well.
3. Serve in tall ice-cream glasses topped with a peppermint leaf.

Special Diet

For use in cases of acute depression, psychosis, schizophrenia and psychopathy

Since this book is concerned with health care, the current section of the book would not be complete without mentioning a special diet I developed when working with people suffering from manic depression, psychosis, schizophrenia or psychopathy. In all these cases this diet proved to be most successful, since it is based upon the high protein, high fat diet, and is designed to calm and to feed the nervous system, including the brain, and also the glands that are often malfunctioning in these mental ailments.

However, one word of caution is called for; although this diet is based upon the high protein and high fat diet, it is designed for therapeutic purposes, and therefore the CU count exceeds what is recommended for the purposes of weight control.

Special Diet

Note Well: This is a high protein and high fat diet which is most excellent for stabilising the nervous system, including brain activity.

Eat 3 meals per day.

Eat plenty of **fatty meat**, preferably **grilled** and medium cooked. This includes bacon and eggs.

Eat plenty of **salmon**, either **grilled** or in **smoked** form.

Eat plenty of **green vegetables**, either cooked or as salad.

Eat plenty of **nuts**, unsalted.

Eat plenty of **fresh fruit** as fruit salad, but **avoid** deciduous fruit.

Eat plenty of soft creamy **cheeses**.

Eat plenty of **butter**, but **avoid** starches. Butter to be used in cooking and eaten **liberally** with cooked vegetables.

Eat plenty of **cream** with fresh fruit salads, or desserts made with cream.

Eat plenty of double **cream** yoghurt.

Eat plenty of **ice-cream**.

Drink as much **full cream milk** as desired.

No more than **2 glasses of dry white wine** at dinner time.

The use of **herbs** and **spices** is allowed.

Foods to be avoided:

Coffee.

Chocolate.

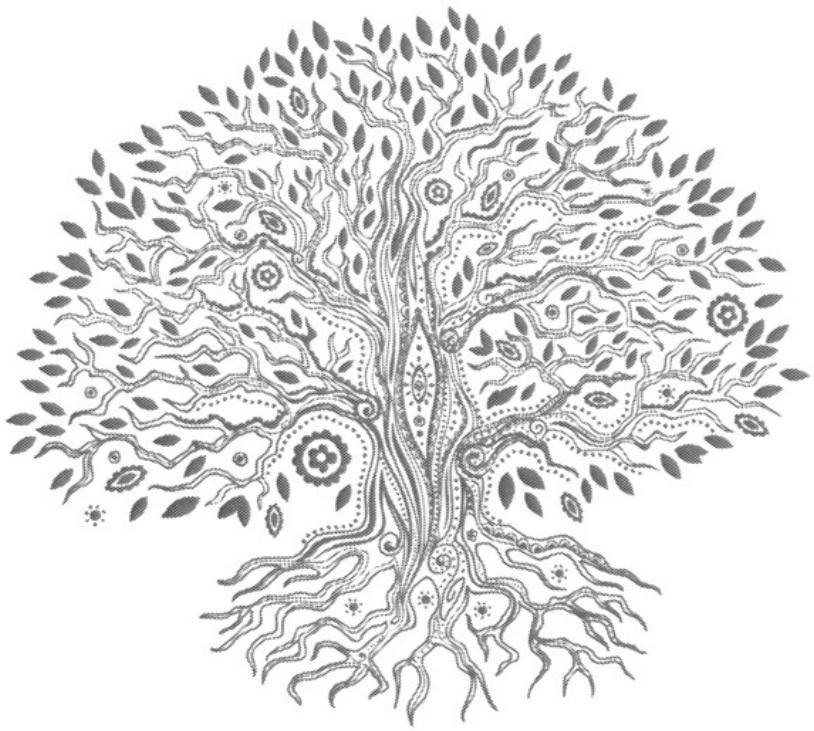
Deciduous fruits and juices thereof.

Starches (pasta, noodles, rice, bread, biscuits, cake).

Sugar.

Red or orange vegetables, except for tomatoes. The others contain too much sugar. Red and sweet wines.

Alcohol, other than the wine that is allowed.



Chapter Four

Taking Care of Your Own Health

And now we come to the main thrust of this book, which is health and how to heal yourself. Earlier I mentioned that our health is one of the areas where we can claim back our power - food being the other. But although I have included food in this book, since eating healthily is an essential part of health, the main purpose of this book is really about learning to take care of your own health.

Great civilizations have come and gone, and each civilization has had its own unique methods of achieving physical, emotional and mental health. Yet when one studies any of these ancient healing arts, it becomes apparent that, like fine arts and culture, healing arts are always a reflection of the general level of awareness present in that particular civilization. Apart from physical injury, the causes of the types of diseases that were prevalent in any one civilization, upon careful study, are seen to have their roots in the prevailing mindsets common to the people of that civilization. Most notably, many of the ancient physicians, irrespective of the civilization to which they belonged, not only treated the disease, but also instructed their patients on how to correct the mindset causing the disease. This is true healing; namely, hiasis, as opposed to merely treating the symptoms of the disease, and it is vitally important, for the disease will continue to re-manifest whilst the cause remains intact.

The word hiasis comes from Greek, and it means that when an ailment occurs, and it has been fully understood, this brings about new knowledge that the person suffering from the ailment did not have previously. The implications within this are clear. We call forth disease, or more precisely, dis-ease, when a lack of knowledge throws an area in our lives out of balance. The result of this imbalance first manifests within us as a dis-ease at a psychological level, but unless this is remedied, it will eventually also manifest as a physical disease. Consequently, we can see how very important it is to address not only the symptoms of the disease, but also its cause, for invariably it is this cause that reveals the knowledge we have been lacking, and which was responsible for making us ill to start with.

No one can deny that the 20th century marked huge achievements in the fields of science and practical medicine. This is primarily due to the vast improvements made in clinical, laboratory and instrumental diagnostics, to the perfection of surgical skill, and to the development of pharmacotherapy (medical drugs). However, despite this huge advancement in modern-day

healing, we cannot ignore the many disastrous side-effects of allopathic medicine. For example, even though there is obvious therapeutic benefit when disease is treated by pharmacotherapy, many medicinal and preventative drugs drastically interfere with the natural functioning of the physical body. Pharmacotherapy has also been proven to damage other areas in the body, including the nervous system, and all too often such damage is irremediable. Moreover, despite having full knowledge of the negative side-effects of a great number of the drugs in use today, many physicians continue to prescribe them. The most alarming fact of all is that often, the severe negative pathological effects of these drugs invariably only show up much later in a patient's medical history, and are largely ignored, by which time the damage is often irreparable.

From the above it is clear that the approach to health and healing taken by prior civilizations was much more holistic than our modern approach, where patients are merely cured of the physical symptoms of a disease, whilst leaving the cause unaddressed. Apart from this, the most dire effect of our modern approach is to encourage us to hand over our power to the physician, whereby we stop taking any personal responsibility for our own health. The most debilitating consequence of this disempowerment is that humanity today is completely subject to men and women who, far from having chosen medicine because of their great love for healing, have entered medicine only because it is a financially lucrative business. Today's physicians are also backed and supported by pharmaceutical giants, for whom financial dividends are likewise much more important than the genuine health of people the world over.

Consequently, allopathic medicine has become an extremely mercenary business, and like all mercenary businesses today, modern forms of healing also have an inbuilt obsolescence factor. Because the cause is never addressed, diseases keep recurring; and because pharmacotherapy brings about so many negative side-effects, biological as well as pathological, patients are dependent upon their physicians, whose income remains steady and assured. The worst consequence of this co-dependency is the increasing addiction to drugs of every description, despite the fact that far too many of the most popular drugs in use today have been proven to be highly toxic and detrimental to the physical body, especially to the natural immune system and the nervous system. So all-pervasive is the use of pharmacotherapy today that our first introduction to medical drugs is already in the womb of the mother.

Yet this sad state of affairs need not be. We are all the masters of our own destiny, and we should therefore also be the masters of our own personal power, and take full responsibility for the circumstances, as well as the conditions we manifest within our lives, including the condition of our health: physical, emotional and mental.

It is therefore absolutely imperative for our survival and continued well-being that we learn to take our health back into our own hands, and see to our own healing. In this book I show you how to do this step by step. And once again, it is easy and it is fun too!

However, although the home-made medications in this book are excellent, extremely effective, and can in every way possible stand on their own, I must also mention the advent of MIL-Therapy, and more recently,

coMra-Therapy. These modern methods of healing are most effective not only for doctors, but also, and especially so, for anyone who wishes to become self-sufficient in the arts of healing.

Over the last few decades certain innovative physicians have become very unhappy and ill-at-ease with our current understanding of life, which is based entirely upon the outdated reductionist theories that grew out of an exceedingly materialistic and mercenary approach to science. These physicians, in co-operation with engineers, physicists and scientists of other disciplines, began developing various non-invasive, life-supportive and ecologically safe ways in which to effect not only the treatment, but also the prevention of disease.

Thus, in the 1960's we saw the birth of MIL-Therapy, an acronym for Magnetic- Infrared-Laser Therapy - a medical therapy which most closely resembles the way in which the physical body heals itself. This was the beginning of true complementary medicine, for this technology today is designed not to interfere in the ability of the body to naturally heal itself, but instead to co-operate with the physical body; that is, the healer within, by providing it with all the necessary conditions it needs for what it alone is most qualified to do; namely, to heal itself.

The principle on which MIL-Therapy is based is what is known as Coherent Multi-Radiances. The forefathers of MIL-Therapy knew that what this means is that there are essentially four radiant energies that have to be synthesised into working together as one coherent whole; these energies being magnetism, infra-red laser, the four basic colours; namely, red, green, blue and yellow, and ultra-sound. The Russian medical scientists who pioneered MIL-Therapy have ever since been trying to perfect this technique, but to date the modern medical lasers, as effective as they are, still only have at most infra-red lasers, magnets and red light.

In June 2009 Radiant Life Technologies made what amounts to the greatest breakthrough in medical science this century - they took MIL-Therapy to a totally new level, through their discovery of the much sought-after technique, which now enables all four of the above-mentioned radiances to be combined into one coherently-operating whole. Radiant Life Technologies has named this greatly enhanced form of MIL-Therapy, Coherent Multi-Radiance Therapy, abbreviated to coMra -Therapy.

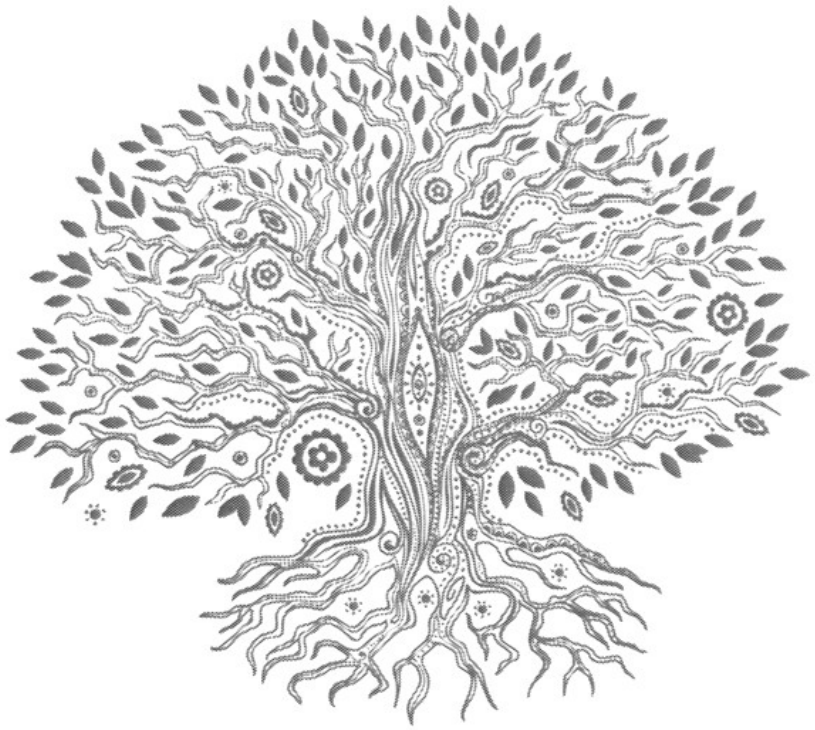
In this new method of combining the four radiances, the infra-red laser provides the stimulus for healing. In other words, it assists the healer within. The four basic colours provide the message to the healer within; that is, to regenerate or rejuvenate, depending upon what is being treated. All of this is done through the actual frequencies used for both the infra-red laser as well as the four colours, in addition to the specific sequence and the geometry in which the radiances are used. The magnetism provides a force field, which acts as a channel for keeping all the radiances focussed and directed, and which also determines the depth to which the other radiances penetrate the subcutaneous layer. The ultra-sound provides a gentle but firm impetus, allowing the diseased cells to reorganise themselves internally much more quickly. It is important to note here that cells become dis- eased when they become disorganised internally for a particular reason; the reason being the cause of the disease.

Medical Lasers today fall into two categories: the high intensity lasers, which have proven to be a very successful alternative to physical surgery; and low intensity lasers, such as the ones developed by MIL-Therapy and now enhanced by coMra-Therapy, which are proving more and more to be highly effective in both the treatment and the prevention of a wide variety of diseases.

Furthermore, since medical lasers must compete in a world dominated by allopathic medicine, laser treatments have also been found not to interfere with any prescribed allopathic cures, but instead enhance the positive effects of allopathic medicine. Therefore, medical laser technology also complements allopathic medicine.

Physicians from all countries, but especially from developing countries, which cannot afford the very high and continuously escalating cost of allopathic medicine, are today turning their attention to alternative healing practices and, in particular, to complementary medicine. Today there is little doubt that quantum electronics, which led to the development of lasers, is making a huge contribution to medicine. Every day new clinical data is being added to the ever-growing proof of the very high performance of medical lasers. It is now abundantly clear that low-intensity medical lasers have inexhaustible possibilities in the realm of healing.

If you are serious about self-sufficiency in the arts of healing, then I strongly recommend that you purchase yourself one of these lasers from Radiant Life Technologies (http://www.radiant-life-technologies.com/). coMra-Therapy is a break-through in terms of medical science, and it is, as with everything in this book, not only invaluable with respect to health and well-being, but also being self-sufficient, in accordance with the true meaning of holism. Armed with the information imparted in this book, and your own coMra-Therapy laser, you should not become ill, but if you do get ill, you will be able to treat any illness that arises in your life, as well as within your family.



Chapter Five

Diseases & Their Causes

A	
Abscesses	Severe suppressed anger and thoughts of revenge.
Acne	Unable to accept the perceived injustices of life.
Adenoids	Fear of survival.
Adrenal Dysfunction	Excessive mental and/or emotional stress.
Alcoholism	Escapism from the challenges of life.
Allergies	Not being able to accept the perceived injustices of life.
Algomenorrhea (*Period Pains and Depression*)	Feeling very insecure about letting go the old in favour of the new.
Amnesia	Not wanting to acknowledge the reality of life.
Anaemia	Feelings of not deserving life.
Anal Pruritus (*Anal Itching*)	Trying to force change through not accepting that everything has its season.
Angina Pectoris (*Constricting Pain Below Sternum*)	Excessive emotional and mental stress.
Ankle Joint	Lack of fluidity with respect to understanding one's challenges.
Anxiety,	Not trusting the process of life.
Arrhythmia (*Irregular Heartbeat*)	Excessive Emotional And Mental Stress.
Arterial Hypertension	Excessive emotional and mental stress due to feeling bad about oneself, or because of feeling unworthy and inadequate.
Arthritis/Arthrosis of Temporomandibular Articulation (*Jaw*)	Lack of fluidity with respect to accepting the process of life.

Asthma	Intense obsession with wanting to control others, especially in order to demand their attention, approval and pity.
Atherosclerosis (*Clogged Arteries*)	Feeling bad about oneself, often because of a sense of guilt or a feeling of being inadequate and therefore useless.
B	
Barrenness	Feeling very insecure and confused in relation to the male.
Biliary Dyskinesia (*Malfunctioning of the Gall Bladder*)	Suppression of violent anger at others and life in general.
Bladder disorders	Suppressed anger.
Bleeding,	
Gums	Reluctance to fight.
Intestines	Feelings of not being deserving.
Lungs	Resistance to life's challenges.
Nose	Feelings of helplessness.
Stomach	Feelings of not being deserving.
Uterus	Feelings of inadequacy in supporting the male.
Blood	
Circulation disorders	Not trusting the process of life.
Pressure (*low/high*)	Fear of survival.
Boils	Suppressed anger.
Bone,	
Fractures	Attempting to force life.
Infection	Suppressed desire to use force.
Marrow disorders	Suppressed desire to use force.
Breathing Difficulties	Excessive mental and/or emotional stress.
Bronchitis	Feelings of inadequacy and of unworthiness.

Burns	Anger at the self, or feelings of guilt or shame.
C	
Cancer	Self-hatred.
Carbuncles (*Suppurating and Painful Inflammation of the Subcutaneous Tissue*)	Severe suppressed anger and thoughts of revenge.
Cardiodynia (*Pain across the Heart*)	Excessive emotional and mental stress.
Cardiomyopathy	Excessive emotional and mental stress.
Cataracts	Severe lack of sobriety.
Cerebral Blood Circulation Disorders	Severe frustration at not being able to control circumstances and/or others.
Cervical Erosion	Feeling bad about one's abilities as a female, often because of being constantly invalidated by the male.
Chlorosis	Feelings of not deserving life.
Cholecystitis (*Inflammation of the Gall Bladder*)	Suppression of violent anger at others and life in general.
Cholesterol	Excessive Emotional Stress.
Clavicular Humeroscapular (*Stiff and Lame Shoulder*)	Feelings of carrying too much responsibility.
Colds	Suppressed emotions.
Colic	Not being able to stomach false statements.
Colitis (*Inflammation of the Colon*)	Not wanting to accept the process of life.
Conjunctivitis	Not being able to accept the reality of life.
Constipation	Not wanting to accept the process of life.
Cuts	Traumatic cuts are caused by anger at the self, or feelings of guilt or shame.

Cystitis (*Inflammation of the Bladder*)	Suppressed Anger In General.
Cysts,	Feelings of gross insecurity.
Ovaries	Feeling very insecure and confused in relation to the male.
D	
Delirium Tremens (*Withdrawal Symptoms*)	Fear of the unknown.
Depression	Excessive mental and/or emotional stress.
Diabetes Mellitus	Severe disillusionment with life.
Diarrhoea	Fear.
Digestion disorders	Unable to absorb the reality of life.
Dishormonal Mastopathy (*Breast Ailments*)	Rejecting femininity, often because of feeling shame surrounding being female.
Dislocations	Resistance to life.
Disturbances of Menstrual Cycle	Feeling very insecure and confused in relation to the male.
Dizziness	Severe lack of sobriety.
Duodenitis (*Inflammation of the Duodenum*)	Self-loathing due to feelings of guilt and/ or shame.
Dysentery	Fear and anger in being forced to accept the process of life.
E	
Earache	Lack of feeling and/or sensitivity.
Eczema	Not being able to accept the perceived injustices of life.
Edema	Fear.
Elbow Joint	Lack of fluidity with respect to idealism.
Emotional Exhaustion	Excessive mental and/or emotional stress.
Emphysema	Excessive mental and/or emotional stress.

Encopresis (*Involuntary Defecation*)	Severe emotional insecurity.
Endarteritis (*Inflammation of the Arteries*)	Not wanting to engage life.
Endometriosis (*Cysts and Adhesions*)	Feeling very insecure about letting go the old in favour of the new.
Endometritis (*Inflammation of the Uterus*)	Feeling bad about one's abilities as a female, often because of being constantly invalidated by the male.
Enuresis (*Bed-Wetting*)	Severe emotional insecurity.
Epilepsy	Frustration at not being able to control life and/or others.
Excessive menstruation	Lacking trust in the male.
Eye Ache	Excessive emotional and mental stress due to feeling bad about oneself, or because of feeling unworthy and inadequate.
F	
Fainting	Feeling bad about oneself, often because of a sense of guilt or a feeling of being inadequate and therefore useless.
Festering nails	Wrong thinking surrounding fighting.
Festering sores	Wrong thinking in terms of life.
Fever	Severe emotional trauma.
Fibroadenomatosis (*Benign Breast Tumours*)	Rejecting femininity, often because of feeling shame surrounding being female.
Flatulence	Dishonesty in trying to impress others.
Frostbite	Anger at the self, or feelings of guilt or shame.
Furuncles (*Boils*)	Severe suppressed anger and thoughts of revenge.
G	
Gall bladder,	

Inflammation	Suppressed anger in general.
Stones	Unresolved long-term anger.
Gastritis	Anger at lies.
Gingivitis (*Inflammation of the Gums*)	Lack of inner strength and conviction, or failing to act upon one's own knowledge.
Gingivostomatitis (*Inflammation of the Mouth and Gums*)	Lack of inner strength and conviction, or failing to act upon one's own knowledge.
Gland disorders	Severe emotional and mental stress.
Glomerulonephritis (*Kidney Disease*)	Suppression of severe anger.
Goitre	Too much rationality.
Gout	Severe lack of fluidity with respect to understanding in general.
H	
Haemorrhaging	Not wanting to live.
Hair (*loss of*)	Emotional stress.
Headaches	Feeling bad about oneself.
Heart,	
Enlargement of	Fear of life.
Fluid around	Fear of life.
Insufficient Blood Flow	Excessive emotional stress.
Pain across	Excessive emotional and mental stress.
Weak	Excessive emotional stress.
Hemorrhoids	Stubbornly not accepting the process of life in terms of change.
Heartburn	Not being able to stomach circumstances.
Hepatitis	Suppressed anger at both oneself, as well as at others and life in general.
Hernia	Severe frustration.

Herpes	Wrong thinking surrounding sex.
Hidradenitis (*Inflammation of Sweat Gland*)	Suppressed anger.
Hip Joint Arthritis	Lack of fluidity with respect to moving forward in life.
Humeral Articulation (*Dislocated Shoulder*)	Severe lack of fluidity in perception.
Humeroscapular Periarthritis (*Pain and Limited Movement in the Shoulder Joint*)	Feelings of carrying too much responsibility.
Hyperplasia (*Abnormal Multiplication of Cells*)	Feeling very insecure and confused in relation to the male.
Hypertension	Excessive emotional and mental stress due to feeling bad about oneself, or because of feeling unworthy and inadequate.
Hypogalactia (*Deficient Secretion of Milk*)	Fear of motherhood, mostly because of feelings of inadequacy.
I	
Immunity (*low*)	Excessive emotional stress.
Insomnia	Excessive mental and/or emotional stress.
Intracranial Pressure	Feeling bad about oneself, often because of a sense of guilt or a feeling of being inadequate and therefore useless.
Ischemia (*Deficiency of Blood Supply to the Brain*)	Feeling bad about oneself, often because of a sense of guilt or a feeling of being inadequate and therefore useless.
Ischialgia (*Pain in the Hips*)	Lack of fluidity in perception in relation to moving forward.
J	
Jaundice	Suppressed anger at both oneself, as well as at others and life in general.
K	

Kidney disorders	Suppressed anger at self.
Knee Joint	Lack of fluidity with respect to humility and understanding.
L	
Laryngitis	Trying to accept justifications and excuses.
Laryngotracheitis (*Inflammation of the Larynx)*	Trying to accept justifications and excuses.
Leprosy	Feeling of having been abandoned by life.
Lethargy	Excessive mental and/or emotional stress.
Leukaemia	Self-hatred.
Liver Diseases	Suppressed anger at both oneself, as well as at others and life in general.
Lumbago,	
Upper back	Lack of strength.
Mid-back	Lack of action.
Lower back	Lack of support.
M	
Mastitis	Fear of motherhood, mostly because of feelings of inadequacy.
Menstrual problems	Confusion surrounding the male.
Migraines	Feeling bad about oneself, often because of a sense of guilt or a feeling of being inadequate and therefore useless.
Meniere's Syndrome (*Deafness, Dizziness & Nausea*)	Not wanting to listen to guidance, either from within or from the world around us.
Mouth sores	Feelings of not being deserving..
Mucous membranes *(Inflammation of)*	Anger at feelings of helplessness.
Multiple Sclerosis	Lacking intelligent co-operation with life.

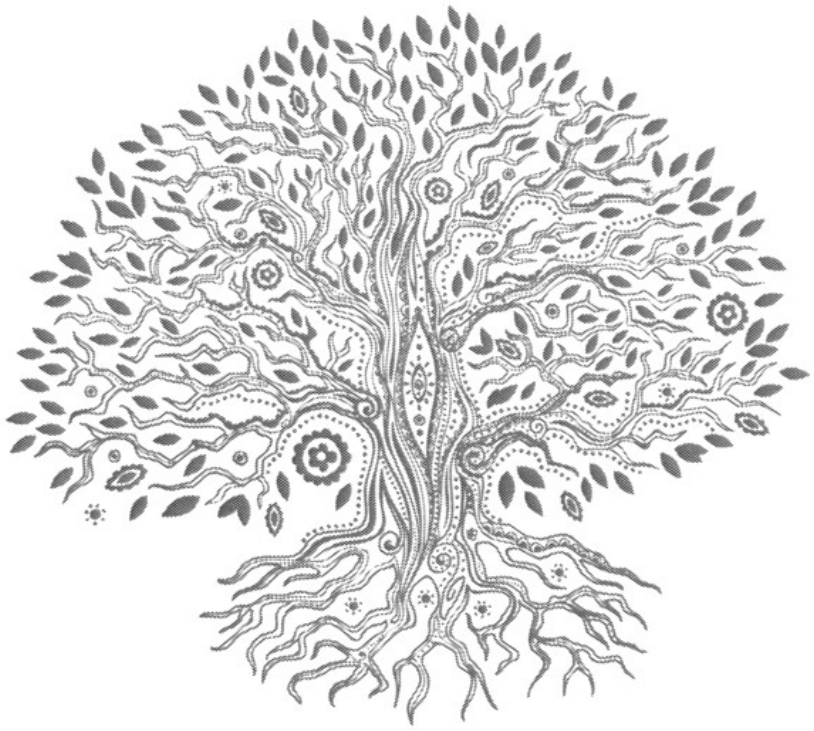
Muscular Atrophy	Severe resistance to taking the required actions within life.
Myocardial Infarct *(Heart Attack)*	Excessive emotional and mental stress.
Myocarditis *(Inflammation of the Heart Muscle)*	Excessive emotional and mental stress.
Myocarditis *(Inflammation of the Heart Muscle)*	Excessive emotional and mental stress.
Myositis *(Inflammation of Muscles)*	Fear of acting.
N	
Nausea	Emotional stress.
Nephritis	Suppressed anger.
Nervous complaints	Emotional stress.
Neuralgia	Not being able to accept the perceived injustices of life.
Neuritis	Not being able to accept the perceived injustices of life.
Neurodermatitis	Not being able to accept the perceived injustices of life.
Neurosis	Indulgence in insecurity.
Neuropathy of Ophthalmic Nerve *(Pain in the Eyes)*	Not wanting to look at or acknowledge an issue that is causing emotional pain.
O	
Obesity	Fear of life’s challenges.
Osteochondrosis *(Retardation of Bone Growth in Children)*	Fear of facing life’s challenges.
Osteoporosis *(Deterioration of the Bones)*	Fear of facing life’s challenges.
Otitis *(Ear Infection)*	Not wanting to listen to guidance, either from within or from the world around us.
P	

Panaritium *(Whitlow)*	Suppressed anger.
Pancreanecrosis *(Malfunctioning of the Pancreas)*	Lack of enthusiasm for life. This comes from the belief of being unlovable and therefore unwanted.
Pancreatitis *(Inflammation of the Pancreas)*	Lack of enthusiasm for life. This comes from the belief of being unlovable and therefore unwanted.
Paradontosis *(Degeneration of the Gums)*	Lack of inner strength and conviction, or failing to act upon one's own knowledge. There is also a need to be more forceful in all interactions, instead of being timid.
Paralysis	Severe resistance to life.
Paraplegia	Severe resistance to moving forward.
Parkinson's disease	Too much rationality.
Pelvic,	
Pain	Feeling very insecure about letting go the old in favour of the new.
Spasms	Feeling very insecure about letting go the old in favour of the new.
Periostitis	Intense feelings of helplessness.
Pharyngitis *(Sore Throat)*	Trying to accept justifications and excuses.
Phlebitis	Resistance to life.
Phlegmons *(Suppurating Inflammations of Tissue)*	Severe suppressed anger and thoughts of revenge.
Pleurisy	Feelings of inadequacy and of unworthiness.
Pneumonia	Feelings of inadequacy and of unworthiness.
Prostatitis *(Disease of the Prostate Gland)*	Feeling bad and inadequate as a male.
Psoriasis	Not being able to accept the perceived injustices of life.
Psychopathy	An insurmountable desire to escape

	from the reality of life, coupled with severe suppressed anger.
Psychosis	An insurmountable desire to escape from the reality of life.
Pulpitis *(Toothache)*	Lack of inner strength and conviction, and the will to fight for what is right.
Pyelonephritis *(Inflammation of the Kidney)*	Suppression of severe anger.
R	
Radiocarpal Articulation (*Painful Wrist*)	Lack of fluidity with respect to the process of life.
Raynaud's Syndrome *(Constriction of the Blood Vessels in the Fingers and/or Toes)*	Emotional stress.
Rheumatism	Insisting upon having life on one's own terms.
Rhinitis *(Inflammation of the Nose)*	Suppression of personal power in terms of taking the required action.
S	
Salpingo-Oophoritis *(Inflammation of the Fallopian Tubes)*	Feeling bad about one's abilities as a female, often because of being constantly invalidated by the male.
Schizophrenia	An insurmountable desire to escape from the reality of life.
Sclerosis	Severe resistance to life.
Senile Dementia (*Impairment of the Cognitive Function*)	Feeling bad about oneself, often because of a sense of guilt or a feeling of being inadequate and therefore useless.
Sinusitis	Not exerting one's inner strength, for fear of hurting someone close, or else for fear of damaging an intimate relationship.
Small Articulations of Fingers *(Painful Fingers)*	Lack of fluidity with respect to your relationships, including the relationship with yourself.
Small Articulations of Toes	Lack of fluidity with respect to your

(Painful Toes)	perception, including the perception of yourself.
Small Joints of Feet	Lack of fluidity with respect to understanding in general.
Spleen disorders	Lack of intelligent co-operation with Dreamer.
Stroke	Severe frustration at not being able to control circumstances and/or others.
Stuttering	Severe fear of expressing the self.
St. Vitus Dance	Severe emotional stress.
Subacromial Bursitis (*Swelling of the Bursa*)	Feelings of carrying too much responsibility.
Swelling	Suppressed anger.
T	
Testicle disorders	Lack of expressing the male power.
Thrombosis	Severe resistance to life.
Tissue,	
Inflammation of	Suppressed anger.
Tonsillitis	Trying to accept what is known to be untrue.
Trigeminal Nerve Neuralgia	Not wanting to look at or acknowledge an issue that is causing emotional pain.
Trigeminal Nerve Neuropathy *(Facial Pain)*	Not wanting to look at or acknowledge an issue that is causing emotional pain.
Tuberculosis	Too much rationality.
Tumours	Self-hatred.
Typhoid fever	Not wanting to nurture the self.
U	
Ulcers,	Suppressed anger at life's injustices.
Stomach	Self-loathing due to feelings of guilt and/ or shame.

Varicose	Anger stemming from not wanting to accept perceived injustices in general.
Urethritis *(Disease of the Urethra)*	Suppressed anger surrounding sexual issues.
Uterus disorders	Rejection of femininity.
V	
Valvular Disease *(Faulty Heart Valves)*	Excessive emotional and mental stress.
Varicosis	Anger stemming from not wanting to accept perceived injustices in general.



Chapter Six

Setting Up a Home Apothecary

Welcome to the world of self-sufficiency, especially in relation to healing yourself, your family and your friends. There are no great secrets to learning the process of healing yourself and others, and anyone can learn how to do it. All that is required is a knowledge of the medicinal herbs and how to prepare them.

One of the most important things in the preparation is the quantity of herbs used. This does not matter so much when using only one herb at a time, but when combining more than one herb it is very important, since some herbs can be overpowered by others. Therefore the amount of each herb used is often critical in order to achieve the correct balance within a combination.

Knowing how much of a herb to use is a matter of experience, and you will learn quickly enough. What I have given you in this book is a guide based upon the experience of both myself and other herbalists throughout the centuries. Herbalists all tend to share their knowledge with one another and thereby also learn from one another's experiences.

When preparing herbs there is no need to have a fully equipped apothecary. The herbs, powerful as they are, are nonetheless very humble plants, and their preparations are equally humble. Therefore the preparation can be done in something as simple and basic as a small kitchen in an apartment. The only requirement is that the kitchen is kept clean and sterile, and that you reserve some items solely for the preparation of the medications.

However, if you have the means to do so, and if you are truly enthusiastic about making your own homemade medications, setting up a dedicated apothecary is a very exciting, and also highly pleasurable task. I will therefore explain fully how to do this. You can then decide what will work best for you and your own circumstances, and take from my instructions what is applicable to you personally.

In order to set up a dedicated apothecary you will need a room set aside for this purpose. An ideal size for an apothecary is a room measuring roughly 32 square metres. The room should have at least one fair-sized window that can be opened for fresh air, and if possible a door to the outside. Since medication needs to be stored in a dark, dry and cool place, the room should meet these requirements, and therefore the window must be covered with either a heavy curtain or blind. When you are not airing or working in the room, the curtain or the blind should be drawn to block out as much light as possible. The room should therefore also have sufficient and well-appointed electric lighting so as to be properly lit-up in the absence of natural light.

An ideal floor for an apothecary is one that is fully washable, like ceramic tiles or a vinyl floor. The walls should be painted in a pale warm colour. Try to avoid white as this will make your apothecary look cold, sterile and uninviting to work in.

Along one wall you will need a sink with both hot and cold water, and adjoining this a nice big working surface that is also fully washable. The work surface and the sink should have cupboards underneath for storing the apothecary utensils and the various cloths, colanders and sieves you will be using in the preparation of medicines.

If your work surface is long enough, you will also need on the opposite side to where the sink is, a gas ring for cooking. The gas ring can be of the handy gas variety with its gas bottle sitting in the cupboard underneath it. If your work surface is not big enough to allow for a gas ring on one end, you will have to place this against another wall, but make sure you still have a working surface next to the gas ring.

The walls above the sink, the gas burner and the work surfaces should be tiled with ceramic tiles up to a height of at least 40 cm to allow for easy cleaning.

If you really mean business and wish to splash out, you will also want a small refrigerator in which to store your ointments.

Having prepared your room you now have to equip it. To do so you will need the utensils listed below.

- 2 x 10 litres plastic Buckets
- 2 x 10 litres plastic Mixing Bowls
- 1 x 1 litre plastic Mixing Bowl
- 1 x Large Chopping Board (preferably made of a heavy and durable plastic)
- 1 x Sharp Carving Knife
- 1 x pr. Garden Secateurs
- 1 x 1 litre Stoneware Mortar and Pestle
- 1 x Scale
- 1 x Electric Kettle
- 1 x Electric Food Liquidiser
- 1 x Electric Hand Blender (stick blender)
- 1 x 1 litre Saucepan
- 1 x 5 litres Saucepan
- 3 x 10 litres glazed Earthenware Pots
- 1 x Large stainless steel Mixing Spoon for stirring pots
- 1 x Large stainless steel or plastic Colander
- 1 x Large stainless steel Sieve
- 1 x Tea Strainer

Some fine Muslin Cloths 50 cm x 50 cm
Washing up Liquid
Washing up Sponges and Cloths
Drying Cloths
Some Cups measuring 250 ml each in which to serve your Medicinal Teas

And if you are going to make your own soap and shampoo, you will also need the following:

1 x 20 litre Saucepan reserved for making only soap
1 x 20 litres Plastic Bucket reserved for making only shampoo
1 x 1 litre glass Mixing Bowl
1 x Plastic Spatula
1 x 5 litre glass Jug
1 x 5 litre glass Jug with a lid (for making lye)
1 x Glass Food Thermometer
Safety Goggles
Rubber Gloves
1 x Wooden Soap mould (at least 1 6 cm x 35 cm x 12 cm)

In addition to the above you will need a big stock of small dark glass bottles as described in the section on preparations, and also a smaller stock of large clear glass bottles in which to make the preparations. Flat bottles work best for the storage of tinctures and syrups, whereas round bottles work very well for their preparation, as well as for ointments.

You will also need a selection of clear glass jars with lids in which to store the various mixtures of teas. These bottles should be big enough to store at least 200 g of tea mixture.

If you are going to make your own shampoo you will need suitable plastic dispensers for the shampoo. All bottles and dispensers can be stored in the cupboards underneath the sink and working surfaces.

And if you are going to make perfumes, colognes and air fresheners, you will need suitable perfume bottles, as well as spray bottles emitting a fine mist spray. Plastic spray bottles can be bought from most large stores, failing which you can buy them from specialist stockists. Perfume bottles are another story, and normally the best bet is to find a glass blower who will

make you custom-designed bottles, which is a great deal of fun! Perfume bottles only need a stopper, either glass, or cork. Flowever, for travelling purposes your perfume bottles will need screw-on lids!

In order to dry your cloths after you have washed them, you will need space for a small clotheshorse.

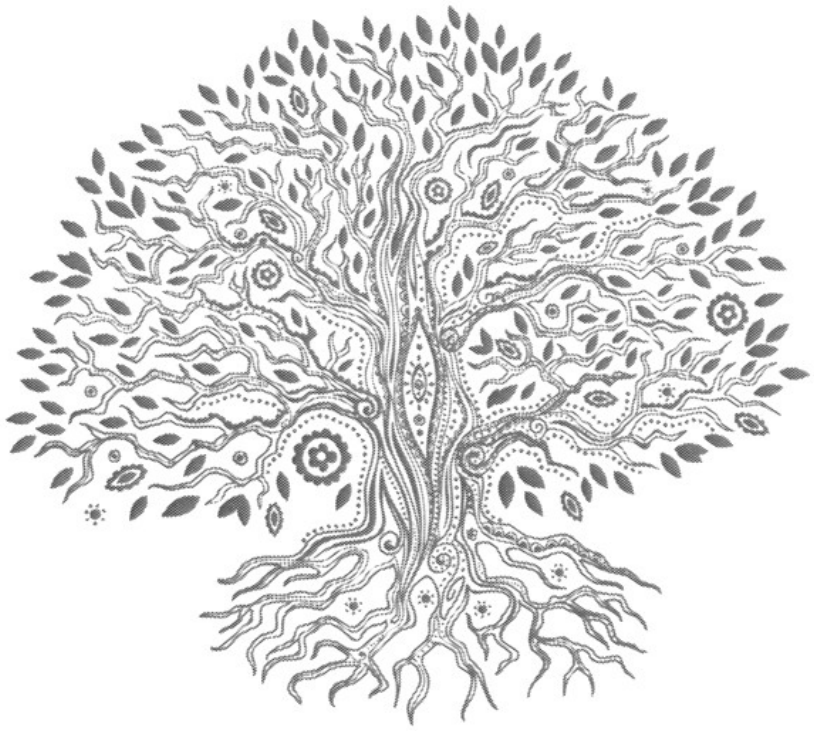
You will also need shelves all around the apothecary on which to store your prepared medications, as well as one shelf reserved for only soap and shampoo, and another one for perfumes, colognes and body mists. If you are going to be selling from home, it is best to make your perfume shelf a free-standing display cabinet with mirror backing, glass shelves and internal lighting. This cabinet should then be positioned in a place of honour in the apothecary.

The medication shelves should not be too deep, for deep shelves make for a nightmare in terms of storage and cleaning. Depending on how much of a medication supply you would like to have in stock, a good depth for your storage shelves is 5 bottles deep. Such shelves allow you to store up to 5 bottles of a tincture at a time, one behind the other. In this way you can line up your tinctures along the shelves in alphabetical order, which makes finding them a whole lot easier than having a higgledy-piggledy array of bottles on shelves that are too deep to see the contents easily.

If you are going to collect your own herbs, you will need an outside shed with wires strung along the ceiling, from which to hang bunches of herbs in order to dry them for the winter. If you are going to purchase dried herbs, these can be stored in cardboard boxes, allowing the herbs to breathe, in one corner of the apothecary if storage space is at a premium. The boxes can be piled on top of one another if need be.

Your apothecary is now set up and ready to use. Enjoy!

In the following sections we are going to learn a few useful facts about herbal medication, and then how to prepare each of the medications.



Chapter Seven

A Note on Teas & Tinctures

It is important when using herbs for medicinal purposes to understand the difference between teas and tinctures.

Both teas and tinctures can be made from either fresh herbs or from dried herbs. There is little to no difference between the two, other than the fact that depending upon the time of the year, fresh herbs are not always available, whereas we can store dry herbs to have a ready supply whenever we need them. However, having said this, I must also point out that there are a few exceptions, where fresh herbs act much more quickly than teas or tinctures made from dried herbs, and these are mentioned where applicable.

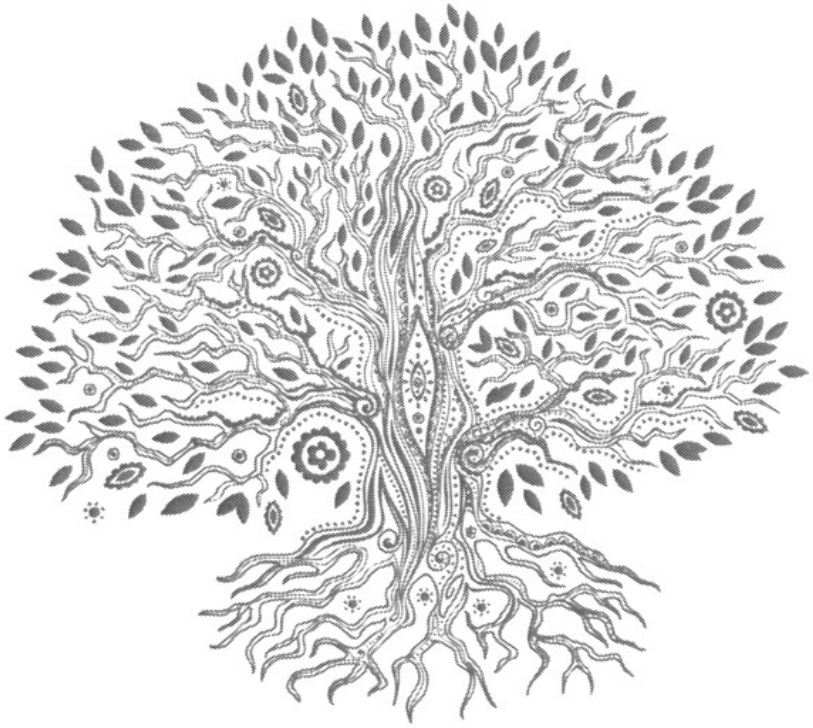
The only real difference between a tea and a tincture is that tinctures are concentrates, and therefore we take only small amounts at a time, whilst teas are not concentrates and can therefore be taken in rather liberal doses without any side effects. The body responds more slowly to small amounts of medication, and much more quickly to heavy doses. There are several reasons for this, but by far the most important reason lies in the fact that the volume of medication contained in a cup of tea can reach a much greater area within the intestines and is therefore more quickly absorbed into the blood stream, in contrast to a few drops of a tincture, which takes time to be extracted from the contents of the stomach before it can be absorbed into the blood stream.

So for quick relief from an ailment it is best to use teas, whereas in preventative medication and for continued well-being, it is better to use tinctures. However, because tinctures are concentrates, they are also excellent in cases of severe illness or shock, or any other state in which the patient may be incapable of drinking something as substantial as a cup of tea. In all such cases, and even in unconsciousness, it is easy enough to administer medication in the form of dropping a few drops of a suitable tincture into the mouth or under the tongue of the patient.

General Information About Preparing Herbal Cures

1. All herbs listed in the following sections are dried herbs, unless otherwise specified.
2. The best alcohol to use in the preparation of tinctures is a mixture of Vodka and Gin. Most recipes given in this Appendix are for approximately 100 g of herbs, requiring 1,5 litres of alcohol, unless otherwise specified.
3. The best base to use in the preparation of medicinal oils is extra virgin olive oil.
4. The best base to use in the preparation of ointments is pure unsalted lard. Lard will not go rancid for a very long time if kept in the refrigerator.

5. The Swedish Bitters which yields the best results is the Small Swedish Bitters (Tincture 1). However, since many people prefer the Large Swedish Bitters (Tincture 2), because of its historical significance, it has been included in this book.
6. For the Botanical names of the herbs listed see Botanical Names of herbs. Do NOT use just any herb simply because it happens to have the same common name. If you do, you could end up poisoning yourself and your family, for not all herbs are meant to be taken internally! So make SURE you are using the correct herbs in all medications which are to be taken internally!



Chapter Eight

Preparation Methods for Herbs

Tinctures

A: Preparation of Most Tinctures

1. ALL of the tinctures given in this book are made from **dried herbs,** which can either be harvested fresh and then dried by being hung in a cool, dry place for **1 month,** or else purchased from a reliable health store or distributor of medicinal herbs.
2. To make the tinctures, take the **amount** of herbs **specified** in the **tables,** since the quantities and proportions to other herbs are important.
3. **Roots** should be cut into **small pieces,** and **flowers, leaves** and **stalks** should be **crushed.**
4. Place the herbs in a **3 litre** glass jar with a screw-on or clip-down **glass** or **plastic lid** (*If the lid is metal the alcohol will corrode it)***,** and pour **1,5 litres alcohol** over the herbs in the bottle.
5. **Close** the bottle with the lid, shake well and place in the sun or keep in a warm place for at least **2 weeks** before use. **Shake** well daily, and after shaking, **open** the bottle and **air** it for **1 hour,** before replacing the lid. This is important in order to get rid of the alcohol fumes.
6. After **2 weeks** the contents of the bottle should be **strained** through a **muslin cloth,** kept only for the making of tinctures. The cloth should be **clean and dry,** and should **never** be washed with soap or detergent. Simply rinse under **warm running water** and then dry. When new, first **boil** it for **1 hour, rinse** in warm water and dry before using.
7. After straining the herb mixture, the **cloth** with the herb mixture still in it should be **wrung dry** using the hands, so as to extract all the fine **sediment** suspended within the herbs. This sediment is part of the tincture and should not be discarded.
8. Bottle the tincture in small **dark glass bottles** with either **cork stoppers** or **screw-on plastic lids,** and label. Flat **500 ml** bottles are a good size.
9. Store in a **cool, dry** and **dark** place. Tinctures, if stored in airtight bottles in this way, will last for many years.
10. You will also need small dark bottles of approximately 50 ml into which to decant medications for the purposes of selling them. Remember to label all bottles sold, making sure that you give the daily dosage on the labels.

B: Preparation of Special Tinctures

1. Tincture 12 (Heart Tonic)

Prepare this tincture as above, but because of the quantity of herbs use **2 litres alcohol** instead of the normal 1,5 litres.

2. Tincture 9 (Cough Syrup)

All of the herbs require different preparations. They should be stored in **separate** and **labelled** bottles until ready to be **mixed** together.

2a. Coltsfoot Syrup

Using a **10 litre** glazed **earthenware** pot, place a **1 cm** layer of leaves into the pot and cover with a **thin** layer of **raw sugar** (still containing the molasses). Continue this process until the pot is full. Allow to settle, and then fill again.

Cover the top of the pot with **3 layers** of **parchment paper** and secure it around the neck of the pot with string.

Dig a **hole** in a sheltered place in the **garden** and bury the pot with its top being level with the surface of the hole.

Place a **wooden board** over top of pot and secure it with a heavy weight on top.

Cover in the hole with **soil,** so that only the board and the weight remain visible.

Leave for **8 weeks,** after which dig up the pot and **strain** off the syrup using a **sieve** lined with a **damp muslin** cloth.

Rinse the **sediment** obtained with a little water in a bowl, **drain** once more as above, and **add** the liquid obtained to the syrup.

The syrup mixture is now **boiled slowly,** until it flows **thickly** when cool. Test the consistency from time to time, by letting a little of the syrup **cool** on a metal spoon.

Once done, **bottle** the syrup in 1 litre **dark glass** bottles until needed.

2b. Plantain Syrup

Prepare this syrup as for Coltsfoot Syrup, but leave buried for **12 weeks** before straining. As the syrup is very thick you will need to use force in order to drain all the syrup. DO this by wringing the cloth with your hands. If this fails to extract the syrup you will first have to liquidise the mixture with a little cold water before straining it. Treat the sediment obtained in the same way as in making Coltsfoot Syrup, and boil until it flows thickly.

Once done, **bottle** the syrup in **dark glass** bottles until needed.

N.B. *Since this syrup is also used on its own, a separate batch should be prepared for each use.*

2c. Thyme Syrup

Using a **10 litre** glazed **earthenware** pot, place a 1 cm layer of **whole plants** picked at midday, into the pot, and cover with a **thin** layer of **raw sugar** (still containing the molasses). Continue this process until the pot is full. Allow to settle, and then fill again.

Cover the top of the pot with **3 layers** of **parchment paper** and secure around the neck with string.

Place in the sun and leave for **3 weeks,** after which **strain** off the syrup using a sieve lined with a **damp muslin** cloth.

Rinse the **sediment** obtained with a little water, **drain** once more as above, and **add** the liquid obtained to the syrup.

The syrup mixture is now **boiled slowly** until it flows **thickly** when cool. Test the consistency from time to time by letting a little of the syrup **cool** on a metal spoon.

Once done, **bottle** the syrup in **dark glass** bottles until needed.

2d. Mixing The Syrups:

Combine **500 ml** of all **three syrups,** and into this mix **60 drops** of **Stinging Nettle Tincture*** and **60 drops** of **Camomile Tincture**.**

Bottle cough syrup in small dark bottles, and use as directed and when needed.

Place **10 g of **Stinging Nettle** leaves into a small jar, and cover with alcohol. Close with the lid and leave to stand in a warm place for **2 weeks. Air** it **daily** for **1 hour.** Then strain and bottle.*

***Place **10 g** of **Camomile** leaves and flowers into a small jar, and cover with alcohol. Close with the lid and leave to stand in a warm place for **2 weeks. Air** it **daily** for **1 hour.** Then strain and bottle.*

3. Tincture 22 (Plantain Syrup)

See above (2b) for preparation.

Onitments

A: Preparation of Ointments (Fresh Herbs)

1. ALL of the ointments given in this book are meant to be made from **fresh herbs** as listed under the ointments.
    a. Dried herb ointments, although just as effective as those made from fresh herbs, are more bothersome to make. However, if there is no alternative, then follow the instructions for making ointments from dried herbs.
2. The **whole plant** should be used; that is, roots, stem, leaves and flowers, unless otherwise specified.
3. To make the ointments, finely **chop** an **equal** quantity of each of the **fresh herbs,** as listed, to fill a **1 litre** measuring jug loosely, unless otherwise specified.
4. **Roots** should be cut into **small pieces,** and **flowers, leaves** and **stalks** should be chopped **fine.**
5. Heat **250 g** of **unsalted lard** in a saucepan, and when hot, add the herbs. Keep on a low heat for **20 min,** stirring occasionally, but do not overheat the lard. Overheating the lard will cause it to discolour, and will also kill the medicinal qualities of the herbs.
6. After 20 min remove from the heat and allow to stand until the next day in a **cool** place.
7. The following morning the herb and lard mixture is **reheated** until runny, and then **strained** through a **muslin cloth,** kept only for the making of ointments, by placing it inside a **sieve** over a clean pot.

The cloth should be **clean and dry**, and after use it should be washed thoroughly in **hot water** with a suitable **detergent**. Rinse very well, and then **boil** in **clean water** for **1 hour**, before rinsing again in **warm water** and drying. When new, first **boil** it for **1 hour**, **rinse** in **warm** water and dry before using.

8. After straining the herb mixture, the **cloth** with the herb mixture still in it should be **wrung dry** using the hands, so as to extract all the fine **sediment** suspended within the herbs. This sediment is part of the ointment and should **not** be discarded.
9. Now **stir** the ointment **well** and then bottle it in small, flat and wide-necked **dark glass** bottles with **screw-on plastic lids,** and label.
10. Store in the **refrigerator.** Ointments, if stored in airtight bottles in this way, will last for a very long time.

N.B. *Once the fat starts to smell **rancid,** the ointment is no longer good for use and should be discarded.*

B. Preparation of Ointments (Dried Herbs)

1. Before you can make ointments from dried herbs it is necessary first to make an oil.
2. To make the ointments take the **amount** of herbs **specified** in the **tables,** since the quantities and proportions to other herbs are important.
3. **Roots** should be cut into **small pieces,** and **flowers, leaves** and **stalks** should be crushed fine.
4. Place herbs into a small saucepan and add just enough **extra virgin olive oil** to moisten the herbs well. Keep on a low heat for **20 min,** stirring occasionally, but do not overheat the oil. Overheating the oil will cause it to discolour, and will also kill the medicinal qualities of the herbs.
5. After 20 min remove from the heat and allow to stand until the next day in a **cool** place.
6. The following morning the herb and oil mixture is **reheated** until slightly runny, and then scraped into a clean jar with a lid. Allow the mixture to cool until the next morning before putting on the lid.
7. Stand in the sun or in a warm place for **2 weeks.**
8. After 2 weeks place **250 g** of **unsalted lard** in a saucepan and heat. Once the lard is hot the herb mixture is scraped into the hot lard, **stirred once,** and then removed from the heat. Allow to stand until the next day.
9. The next morning the mixture is again **reheated** until runny, after which it is **strained** through a **muslin cloth,** kept only for the making of ointments, by placing it inside a **sieve** over a clean pot.

The cloth should be **clean and dry**, and after use it should be washed thoroughly in **hot water** with a suitable **detergent**. Rinse very well, and then **boil** in **clean water** for **1 hour**, before rinsing again in **warm water** and drying. When new, first **boil** it for **1 hour**, rinse in **warm water** and dry before using.

10. After straining the herb mixture, the **cloth** with the herb mixture still in it should be **wrung dry** using the hands, so as to extract all the fine **sediment** suspended within the herbs. This sediment is part of the ointment and should **not** be discarded.
11. Now **stir** the ointment **well** and then bottle it in small, flat and wide-necked **dark glass bottles** with **screw-on plastic lids,** and label.

12. Store in the **refrigerator.** Ointments, if stored in airtight bottles in this way, will last for a very long time.

N.B. *Once the fat starts to smell* ***rancid,*** *the ointment is no longer good for use and should be discarded.*

Oils

A. Preparation of Oils (Fresh Herbs)

1. ALL of the oils given in this book are meant to be made from **fresh herbs** as listed under the oils.
    a. Dried herb oils, although just as effective as those made from fresh herbs, are more bothersome to make. However, if there is no alternative, then follow the instructions for making oils from dried herbs.
2. The **whole plant** should be used, that is, roots, stem, leaves and flowers, unless otherwise specified.
3. To make the oils coarsely **chop** an **equal** quantity of each of the herbs as listed to fill a **1 litre** bottle to within **40 mm** from the top.
4. **Roots** should be cut into **small pieces,** but **flowers, leaves** and **stalks** should be chopped very **coarsely.**
5. Now fill the bottle to the top with **extra virgin olive oil.** The oil should cover the herbs by about **40 mm.** Seal with the lid and place in the sun for **3 weeks.**
6. After 3 weeks the mixture is **strained** through a **muslin cloth,** kept only for the making of oils, by placing it inside a **sieve** over a clean pot.

The cloth should be **clean and dry**, and after use it should be washed thoroughly in **hot water** with a suitable **detergent**. Rinse very well, and then **boil** in **clean water** for **1 hour**, before rinsing again in **warm water** and drying. When new, first **boil** it for **1 hour**, **rinse** in **warm water** and dry before using.

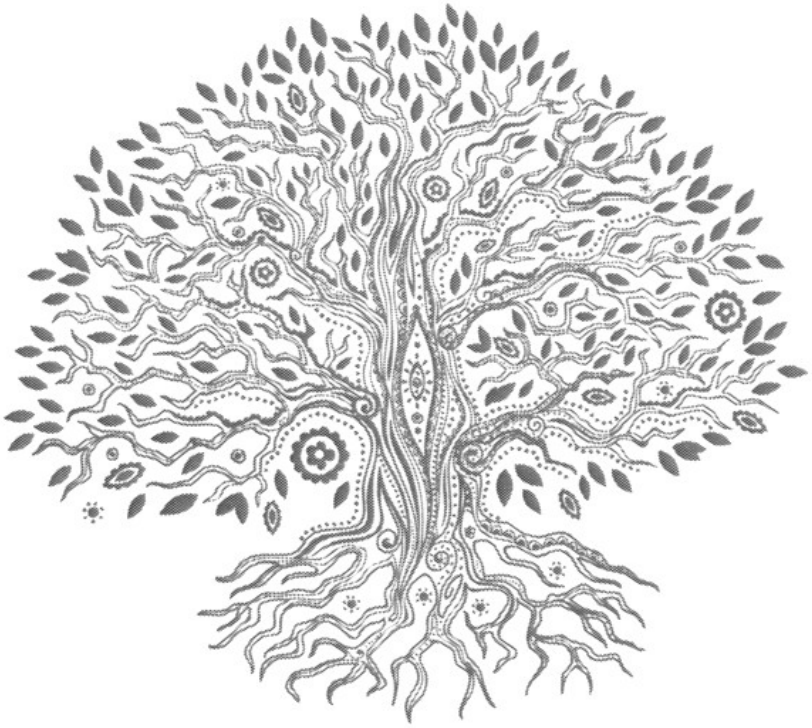
7. After straining the herb mixture, the **cloth** with the herb mixture still in it should be **wrung dry** using the hands, so as to extract all the fine sediment suspended within the herbs. This **sediment** is part of the oil and should **not** be discarded.
8. Now **stir** the oil **well** and then bottle it in small **dark glass bottles** with either **cork stoppers** or **screw-on plastic lids,** and label.
9. Store in a **cool, dry** and **dark** place. Oils, if stored in airtight bottles in this way, will last for many years.

B. Preparation of Oils (Dried Herbs)

1. Before you can make oils from dried herbs it is necessary to first apply heat, in order to initiate the process of extraction.
2. To make the oils take the **amount** of herbs **specified** in the **tables,** since the quantities and proportions to other herbs are important.
3. **Roots** should be cut into **small pieces**, and **flowers**, **leaves** and **stalks** should be crushed fine.
4. Place herbs into a small saucepan and add just enough **extra virgin olive** oil to moisten the herbs well. Keep on a low heat for **20 min**, stirring occasionally, but do not overheat the oil. Overheating the oil will cause it to discolour, and will also kill the medicinal qualities of the herbs.
5. After 20 min remove from heat and allow to stand until next day in a **cool** place.
6. The following morning the herb and oil mixture is **reheated** until slightly runny, and then again allowed to cool until the next morning.
7. The following morning scrape the herb mixture into a **1 litre bottle** and fill the bottle with **extra virgin olive oil**. Seal with the lid and stand in the sun or in a warm place for **2 weeks**.
8. After 2 weeks pour the oil back into a pot and **reheat** for **20 min**. Then remove from the heat, **stir well** and **strain** through a **muslin cloth**, kept only for the making of oils, by placing it inside a **sieve** over a clean pot.

The cloth should be **clean and dry**, and after use it should be washed thoroughly in **hot water** with a suitable **detergent**. Rinse very well, and then **boil** in **clean water** for **1 hour**, before rinsing again in **warm water** and drying. When new, first **boil** it for **1 hour**, **rinse** in **warm water** and dry before using.

9. After straining the herb mixture, the **cloth** with the herb mixture still in it should be **wrung dry** using the hands, so as to extract all the fine sediment suspended within the herbs. This **sediment** is part of the oil and should not be discarded.
10. Now **stir** the oil **well** and then bottle it in small **dark glass bottles** with either **cork stoppers** or **screw-on plastic lids**, and label.
11. Store in a **cool**, **dry** and **dark** place. Oils, if stored in airtight bottles in this way, will last for many years.



Chapter Nine

Tinctures & Teas

1. Tinctures

Tincture 1: LARGE SWEDISH BITTERS			
GENERAL HEALTH - Wide spectrum			
Aloe leaves	15 g	Rhubarb roots	10 g
Myrrh resin	7 g	Zedoary roots	5 g
Saffron stigmas	0,5 g	Theriac Venezian roots	10 g
Senna leaves	1 g	Carline Thistle roots	2 g
Angelica roots	4 g	Gentian roots	4 g
Calamus roots	10 g	Dittany roots	4 g
Tormentil roots	1 g	Larch resin	3 g
Nutmeg	18 g	Kaolin	3 g
Licorice roots	5 g	Mace	1 g
Camphor leaves	1 g		
***Dosage**:* Take 15 drops 2 times per day for general well-being and good health; for headaches or migraines 60 drops every 6 hours; for shock 60 drops.			

Tincture 2: SMALL SWEDISH BITTERS			
GENERAL HEALTH - Specific Spectrum			
Aloe leaves	10 g	Rhubarb roots	10 g
Myrrh resin	5 g	Zedoary roots	10 g
Saffron stigmas	0,2 g	Carline Thistle roots	5 g
Senna leaves	10 g	Manna resin	10 g
Angelica roots	10 g	Theriac Venezian roots	10 g

Camphor leaves	10 g		

***Dosage**:* Take 15 drops 2 times per day for general well-being and good health; for headaches or migraines 60 drops every 6 hours; for shock 60 drops.

Tincture 3

Blood Purification, Atherosclerosis, Cholesterol & Migraines

Bilberry roots	20 g	Dandelion *(whole plant)*	15 g
Cowslip umbels	20 g	Speedwell *(whole plant)*	15 g
Stinging Nettle roots	30 g	Fumitory	10 g

***Dosage**:* 15 drops 2 times per day; migraines 60 drops every 6 hours.

Tincture 4

Arthritis, Arthrosis & Gout

Bilberry roots	10g	Dandelion *(whole plant)*	10g
Cowslip umbels	10g	Speedwell *(whole plant)*	10g
Stinging Nettle roots	20g	Horsetail *(whole plant)*	20g
Comfrey roots & leaves	10g	Club Moss *(whole plant)*	10g

***Dosage**:* 15 drops 2 times per day for general well-being and good health; for headaches or migraines 60 drops every 6 hours; for shock 60 drops.

Tincture 5

Endocrine System & Exhaustion

Bilberry roots	5 g	Dandelion *(whole plant)*	15 g
Astragalus roots	5 g	St. John's Wort *(whole plant)*	5 g
Stinging Nettle roots	15 g	Echinacea *(whole plant)*	20 g
Burdock roots	5 g	Gotu Kola (*whole plant*)	15 g

***Dosage**:* 15 drops 2 times per day.

Tincture 6

Insomnia

Stinging Nettle roots	20 g	Cowslip umbels	10 g
Valerian roots	50 g	Dandelion *(whole plant)*	10 g
Elder leaves or bark	10 g		
***Dosage**:* 15 drops before bedtime.			

Tincture 7

Muscle Disorders

Lady's Mantle leaves	30 g	Wild Thyme *(whole plant)*	35 g
Shepherd's Purse *(whole plant)*	35 g		
***Dosage**:* 15 drops 2 times per day.			

Tincture 8

Dislocations & Fractures

Butterbur roots	30 g	*Mallow leaves*	30 g
Comfrey leaves	40 g		
***Dosage**:* 15 drops 2 times per day.			

Tincture 9: COUGH SYRUP

Laryngitis, Pharyngitis, Asthma & Pleurisy

Coltsfoot leaves	—	Camomile leaves	—
Plantain leaves	—	Wild Thyme (*whole plant*)	—
Stinging Nettle leaves & roots	—		
(Refer to page 125 for preparation) ***Dosage**:* 1 teaspoonful every hour.			

Tincture 10

Asthma, Colds, Sinusitis, Bronchitis, Pleurisy & Pneumonia

Coltsfoot leaves	20 g	Comfrey leaves	20 g
Camomile leaves	20 g	Gotu Kola (*whole plant*)	10 g

Stinging Nettle leaves & roots	15 g	Wild Thyme *(whole plant*)	15 g
Plantain leaves	10 g		
***Dosage**:* 15 drops 4 times per day			

Tincture 11

Tonsillitis & Inflamed Gums

Agrimony leaves	20 g	Sage *(whole plant)*	15 g
Mallow leaves	15 g	Walnut *(whole plant)*	15 g
Horsetail *(whole plant)*	20 g	St. John's Wort *(whole plant)*	15 g
***Dosage**:* For tonsillitis slowly sip 10 drops in half a glass of water every 3 hours; for inflamed gums rub neat onto gums 2 times per day.			

Tincture 12

Heart Tonic

Mistletoe *(whole plant)*	10 g	Silverweed leaves	5 g
Ramsons *(whole plant)*	5 g	Motherwort *(whole plant)*	5 g
Parsley *(whole plant)*	15 g	Bean pods	5 g
Dandelion *(whole plant)*	5 g	Hawthorn berries	15 g
Yerba Mate leaves	10 g	Knotgrass *(whole plant)*	5 g
Hemp Nettle leaves	5 g	Fumitory *(whole plant)*	5 g
Couch Grass roots	5 g	Balm Mint leaves	5 g
Calamus roots	5 g	Rue leaves	5 g
Arnica *(whole plant)*	5 g	Yarrow flowers	5 g
Burdock roots	5 g	Irish Moss *(whole plant)*	5 g
Horsetail *(whole plant)*	5 g	Shepherd’s Purse *(whole plant)*	5 g
Lesser Burnet *(whole plant)*	5 g	Bladder Wrack *(whole plant)*	5 g
Rest Harrow *(whole plant)*	5 g	Frangula Bark	5 g
***Dosage**:* 15 drops 2 times per day.			

Tincture 13

Liver Tonic

Dandelion *(whole plant)*	5 g	Walnut *(green fruit)*	10 g
Agrimony leaves	10 g	Calamus roots	10 g
Plantain leaves	5 g	Speedwell *(whole plant)*	10 g
Stinging Nettle leaves & roots	20 g	Yarrow flowers	10 g
Gotu Kola *(whole plant)*	10 g	Greater Celandine roots	15 g
Fumitory	10 g		

***Dosage**:* 15 drops 2 times per day.

Tincture 14

Gall Bladder, Pancreas *&* Spleen Tonic

Dandelion *(whole plant)*	5 g	Calamus roots	10 g
Agrimony leaves	10 g	Greater Celandine roots	10 g
Stinging Nettle leaves & roots	10 g	Ivy leaves	10 g
Horsetail *(whole plant)*	10 g	Hops leaves	10 g
Lesser Burnet *(whole plant)*	10 g	Peppermint leaves	10 g
Wormwood leaves	5 g		

***Dosage**:* 15 drops 2 times per day.

Gallstones: To dissolve gallstones use RADISH JUICE

Treatment - 6 weeks:

Start with drinking **100 g** liquidised radishes per day. Gradually increase this to **400 g** per day over a period of **3 weeks.** Then gradually decrease to **100 g** over the next **3 weeks.**

Tincture 15

Kidney Tonic

Agrimony leaves	5 g	Calamus roots	5 g

Horsetail *(whole plant)*	5 g	Shepherd's Purse *(whole plant)*	5 g
Stinging Nettle leaves & roots	10 g	Club Moss *(whole plant)*	5 g
Greater Celandine roots	10 g	Golden Rod flowers	5 g
Bedstraw *(whole plant)*	5 g	Willow-herb roots	10 g
Yellow Dead Nettle leaves	10 g	Birch leaves	10 g
Sweet Violet roots	5 g	Crane's Bill roots	10 g
Bearberry leaves	5 g	Fumitory	10 g
***Dosage**:* 15 drops 2 times per day.			

Kidney Stones: To dissolve kidney stones follow the treatment below

Drink **250 ml** of **Horsetail Tea daily,** in conjunction with taking a **Horsetail Sitz Bath,** until stones have been dissolved and expelled. Do not urinate unless under great pressure. In this way the stones pass more easily.

Tincture 16

Ulcers

Yellow Dead Nettle leaves	20g	Mallow leaves	20g
Comfrey leaves	20g	Gotu Kola (*whole plant*)	20g
Lady's Mantle leaves	20g		
***Dosage**:* 15 drops 2 times per day.			

Tincture 17

Colon & Constipation

Walnut *(green fruit)*	30 g	Club Moss *(whole plant)*	10 g
Ramsons *(whole plant)*	30 g	Chicory roots	30 g

***Dosage**:* 15 drops 2 times per day.

N.B. Also take 1 tablespoon of medicinal Linseed Oil 3 times per day before meals.

Tincture 18

Colon & Constipation

Yellow Dead Nettle leaves	30 g	Wood Sorrel *(whole plant)*	50 g
Lavender	20 g		

***Dosage**:* 10 drops in half a glass of water as needed.

Tincture 19

Blood Circulation

Mistletoe *(whole plant)*	20 g	Stinging Nettle leaves & roots	20 g
Yarrow flowers	20 g	Comfrey leaves	20 g
Calendula leaves *&* flowers	20 g		

***Dosage**:* 15 drops 2 times per day.

Tincture 20

Epilepsy, Rheumatism, Muscular Atrophy & Strokes

Gotu Kola (*whole plant*)	20 g	St. John’s Wort *(whole plant)*	5 g
Bedstraw *(whole plant)*	10 g	Wild Thyme *(whole plant)*	10 g
Speedwell *(whole plant)*	10 g	Sage *(whole plant)*	10 g
Balm Mint leaves	15 g	Rosemary leaves	10 g
Lavender	10 g	Mistletoe *(whole plant)*	15 g

***Dosage**:* 15 drops 4 times per day.

Tincture 21

Eczema, Psoriasis, Allergies & Neurodermatitis

Gotu Kola *(whole plant)*	5 g	Dandelion *(whole plant)*	5 g
Bedstraw *(whole plant)*	10 g	Plantain leaves	10 g
Speedwell *(whole plant)*	10 g	Stinging Nettle leaves	10 g
Lavender	10 g	Walnut *(green fruit)*	10 g
Wood Sorrel *(whole plant)*	10 g	Ramsons *(whole plant)*	10 g

Camomile leaves	10 g	Fumitory *(whole plant)*	10 g

***Dosage**:* 15 drops 2 times per day.

Tincture 22: PLANTAIN SYRUP

Weak Children

Refer to page 127 for preparation

***Dosage**:* 1 tablespoon of syrup 3 times per day before meals.

2a. Teas

NOTE WELL: Although most of the teas are prepared in the same way, I have listed each one below because the dosage is not always the same. Drinking too much of a tea is not harmful, but in some instances it can cause nausea and/or diarrhoea.

You will also notice that in a few instances there are duplications of teas between this section (2a) and that on Special Teas (2b), but I have done this for quick referencing and also for where mixtures vary slightly depending upon their usage. In (2a) and (2b) I give only the most commonly needed teas, but section (2c) contains a full list of all the medicinal teas known to me.

AGRIMONY TEA

Pour **250 ml** boiling water over **1 tsp** of **Agrimony leaves.** Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

BEDSTRAW TEA

Pour **250 ml** boiling water over **1 tsp of Bedstraw.** Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

BUTTERBUR TEA

Pour **250 ml** boiling water over **1 tsp of Butterbur**. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

CALAMUS TEA (Plain)

1 tsp Calamus roots soaked overnight in a cup of cold water. Next morning **warm** the mixture slightly. Take **1 sip** before meals and **1 sip** after meals - 6 sips per day. **N.B.** When Calamus Tea is drunk with other teas it should be used only as above.

CALENDULA TEA

Pour **250 ml** boiling water over **1 tsp** of **Calendula** leaves and flowers. Allow to stand for a few minutes, then strain and drink. Drink **2 cups** per day.

N.B. For **Hepatitis** drink **4 cups** tea per day, taking **1 tbsp** every **15 min.**

COMFREY TEA

Pour **250 ml** boiling water over **1 tsp of Comfrey** leaves. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

CLUB MOSS TEA

Pour **250 ml** boiling water over **1 tsp of Club Moss.** Allow to stand for a few minutes, then strain and drink. Drink **2 cups** per day.

COWSLIP TEA

Pour **250 ml** boiling water over **1 tsp of Cowslip.** Allow to stand for a few minutes, then strain and drink. Drink **2 cups** per day.

DANDELION TEA

Pour **250 ml** boiling water over **1 tsp of Dandelion** (use whole plant). Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

GOLDEN ROD TEA

Pour **250 ml** boiling water over **1 tsp of Golden Rod.** Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

GREATER CELANDINE TEA

Pour **250 ml** boiling water over **1 tsp of Greater Celandine.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

HORSETAIL TEA

Pour **250 ml** boiling water over **1 tsp of Horsetail**. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

INDIAN CORN TEA

Pour **250 ml** boiling water over **1 tsp of Indian Corn silk.** Allow to stand

for a few minutes, then strain and drink. Drink **3 cups** per day.

LADY'S MANTLE TEA

Pour **250 ml** boiling water over **1 tsp of Lady's Mantle.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day, taking sips throughout the day.

MALLOW TEA

Pour **250 ml** boiling water over **1 tsp of Mallow leaves.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day, taking sips throughout the day.

MISTLETOE TEA

Pour **250 ml** COLD water over **1 tsp of Mistletoe.** Allow to steep overnight. Next morning warm slightly, then strain and drink.

Mistletoe Tea must be drunk as a course for **6 weeks: 3 cups daily** for **3 weeks, 2 cups daily** for **2 weeks, 1 cup** daily for **1 week.**

PLANTAIN TEA

Put 1 slice of lemon into **250 ml** of water and bring slowly to almost boiling point. Remove from heat and add **1 tsp** of **Plantain.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day, making it fresh each time.

RAMSONS TEA

Pour **250 ml** boiling water over **1 tsp of Ramsons.** Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

SAGE TEA

Pour **250 ml** boiling water over **1 tsp of Sage.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

SHEPHERD'S PURSE TEA

Pour **250 ml** boiling water over **1 tsp of Shepherd's Purse.** Allow to

stand for a few minutes, then strain and drink. Drink **4 cups** per day.

SPEEDWELL TEA

Pour **250 ml** boiling water over **1 tsp of Speedwell.** Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

STINGING NETTLE TEA

Pour **250 ml** boiling water over **1 tsp of Stinging Nettle**. Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

ST. JOHN’S WORT TEA

Pour 250 ml boiling water over 1 tsp of St. John’s Wort. Allow to stand for a few minutes, then strain and drink. Drink 3 cups per day.

WILD THYME TEA

Pour **250 ml** boiling water over **1 tsp of Wild Thyme.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

WALNUT TEA

Pour **250 ml** boiling water over **1 tsp of Walnut.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

WILLOW-HERB TEA

Pour **250 ml** boiling water over **1 tsp of Walnut.** Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

WOOD SORREL TEA

Pour **500 ml** boiling water over **1 tsp of Wood Sorrel.** Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

YARROW TEA

Pour **250 ml** boiling water over **1 tsp of Yarrow.** Allow to stand for a few

minutes, then strain and drink. Drink **2 cups** per day.

YELLOW DEAD NETTLE TEA

Pour **250 ml** boiling water over **1 tsp of Yellow Dead Nettle.** Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

2b. Special Teas

1.MISTLETOE TEA

Strokes, Epilepsy

1 heaped teaspoon of Mistletoe per cup of cold water is steeped overnight. The next morning it is **warmed,** but NOT boiled, then strained and stored in a heated thermos flask. Drink **3 cups** per day for **3 weeks, 2 cups** per day for **2 weeks, 1 cup** per day for **1 week.**

2. TEA FOR PARALYSIS

Strokes

St. John's Wort	35 g	Balm Mint	35 g
Speedwell	35 g	Rosemary	35 g
Lavender	35 g	Sage	35 g

Add **250 ml** boiling water to **1 tsp** of the mixture. Sip whilst still hot, drinking **1 cup** in the morning and **1 cup** in the afternoon.

3.HORSETAIL TEA

Cysts & Tumours (Benign & Malignant)

Add **250 ml** of boiling water to **1 tsp of Horsetail.** Sip whilst still hot. Drink **1 cup** half an hour before breakfast, and **1 cup** half an hour before dinner. Also drink **Tea 4 (Calendula)** as prescribed.

4. CALENDULA TEA

Cysts & Tumours (Benign *&* Malignant)

Calendula	120 g	Stinging Nettle	40 g
Yarrow	40 g		

Add boiling water to **1 tsp** of the mixture. Let stand for a few minutes, strain and add **5 drops** of **Tincture 18** to the tea. Sip whilst still hot. Drink **6 cups** per day in between drinking **Tea 3** (Horsetail Tea).

N.B. The two teas above should be drunk in conjunction with one another in the treatment of **tumours** and **cysts.**

5. **WILLOW-HERB TEA**

Prostate Gland

Pour **250 ml** boiling water over **1 tsp of Willow-Herb.** Let stand for a few minutes, strain and then drink whilst still hot. Drink **1 cup** on an empty stomach first thing in the morning, and **1** cup half an hour before dinner. Drink **only 2 cups per day.**

6. **LADIES' TEA**

For use in Gynaecology

St. John's Wort	35g	Balm Mint	35g

1. **1 tsp Mistletoe** (steeped in a little cold water overnight).
2. Add 250 ml of boiling water to 1 tsp of the mixture above. Allow to cool until just warm, then add the steeped Mistletoe. Strain and drink.

Drink **1 cup** half an hour before breakfast, and **1 cup** half an hour before dinner.

7. **YARROW TEA**

Itching (Anus & Vagina)

Pour **250 ml** boiling water over **1 tsp of Yarrow flowers.** Let stand for a few minutes, strain and then drink whilst still hot. Drink **1 cup** on an empty stomach first thing in the morning, and 1 cup half an hour before dinner. Drink **only 2 cups per day.**

8. **HORSETAIL, ST. JOHN'S WORT & YARROW TEA**

Bed-Wetting, Mouth Sores & Tonsillitis

Horsetail	65 g	Yarrow	65 g
St. John's Wort	65 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Let stand for a few minutes, and then drink whilst still hot. Sip **1 cup** slowly on an empty stomach first thing in the morning, and **1 cup** half an hour before dinner. Drink **only 2 cups per day.**

9. **HORSETAIL, STINGING NETTLE & YARROW TEA**

Acute Depression, Psychosis *&* Schizophrenia

Horsetail	65 g	Yarrow	65 g
Stinging Nettle	65 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Let stand for a few minutes, and then drink whilst still hot. Drink **1 cup** on an empty stomach first thing in the morning, and **1 cup** half an hour before dinner. Drink **only 2 cups per day.**

10. **CAMOMILE TEA**

Neuralgia

Camomile	50 g	Yarrow	50 g
Wild Thyme	50 g	Mullein	50 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Let stand for a few minutes, and then drink whilst still hot. Drink **1 cup** on an empty stomach first thing in the morning, and then **3 cups** during the course of the day.

11. **WILD THYME TEA**

Epilepsy & Alcoholism

Pour **1 litre** of boiling water over a large handful of **Wild Thyme.** Let stand for a few minutes, strain and then pour into a thermos flask.

In the case of **epilepsy** and **delirium tremens,** drink **1 cup** on an empty stomach first thing in the morning, and then **1 cup** half an hour before dinner.

In the case of **alcoholism** give **1 tablespoon** of tea every 1 5 minutes. This will induce much nausea, vomiting, increased bowel action, increased flow of urine and perspiration, but will also activate the appetite and cause great thirst for water. Copious amounts of **Spring Water** or **Well Water** should be drunk whenever thirsty.

12. **STINGING NETTLE TEA**

Eczema, Psoriasis, Allergies & Neurodermatitis

Stinging Nettle leaves	50 g	Yarrow flowers	20 g
Speedwell *(whole plant)*	30 g	Calendula leaves & flowers	30 g
Walnut husks	20 g	Greater Celandine roots	30 g
Willow bark	30 g	Oak Bark	10 g
Fumitory *(whole plant)*	20 g	Goat’s Beard *(whole plant)*	40 g

Pour **250 ml** boiling water over **1 heaped tsp** of the above **mixture.** Let stand for a few minutes, strain and then drink whilst still hot. Drink **2 litres** per day until healed.

13. TEA FOR LEUKAEMIA

Eczema, Psoriasis, Allergies & Neurodermatitis

Stinging Nettle leaves	30 g	Yarrow flowers	25 g
Speedwell *(whole plant)*	20 g	Calendula leaves & flowers	30 g
Dandelion *(whole plant)*	15 g	Greater Celandine roots	30 g
Elder shoots	30 g	Goat's Beard *(whole plant)*	25 g
Bedstraw *(whole plant)*	25 g	St. John's Wort *(whole plant)*	15 g
Wormwood leaves	20 g		

Pour **250 ml** boiling water over **1 heaped tsp** of the above **mixture.** Let stand for a few minutes, strain and then drink whilst still hot. Drink **2 litres** per day until full healing has been achieved. Of these 2 litres of tea, **3 cups** should be mixed with **3 teaspoons** of **Swedish Bitters** (Tincture 2) and kept warm in a thermos flask. This should be drunk **3 times per day** at the rate of **half a cup 30 min** before meals, and **half a cup 30 min** afterwards. Also drink **Tea 14** (Calamus), as prescribed.

14. CALAMUS TEA

Leukaemia, Cancer & Diabetes

Soak **1 teaspoon** of **Calamus root** overnight in cold water. Next morning **warm** it, but do NOT boil. Then strain, and keep warm in a heated thermos flask. Take **6 sips per day,** 1 sip before meals and 1 sip after meals. This tea must be drunk in conjunction with **Tea 13.**

N.B. The above two teas must be drunk together in the healing of **leukaemia.**

2c. Full List of Medical Herbs

TEA FOR ANAEMIA

Bedstraw	100 g	Stinging Nettle	100 g

a. Pour **250 ml** boiling water over **1 tsp** of this mixture. Allow to stand for a few minutes, then strain and drink. Drink **1 cup** on an empty stomach and then **2 more** during the day.
b. Also drink **Calamus Tea** as directed.

TEA FOR ARTERIES

Horsetail	50 g	Mistletoe	50 g
Ramsons	50 g	Speedwell	50 g

Pour **250 ml** boiling water over **1 tsp** of this mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR BLOOD CIRCULATION

Calendula	50 g	Stinging Nettle	50 g
Comfrey	50 g	Yarrow	50 g

Pour **250 ml** boiling water over **1 tsp** of this mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR INTESTINAL CANCER

a. **1 tsp Calamus roots** soaked overnight in a cup of cold water. Next morning **warm** the mixture slightly, and add **10 drops** of **Yarrow Tincture.** Take **1 sip** before meals and **1 sip** after meals - **6 sips** per day.
b. **Bedstraw Tea** as directed.
c. **Special Tea 3** as directed.
d. **Special Tea 4** as directed.

TEA FOR CLEANSING THE BLOOD

Calendula	20 g	Ramsons	20 g
Cowslip	20 g	Sage	20 g

Dandelion	20 g	Speedwell	20 g
Greater Celandine	20 g	Stinging Nettle	20 g
Plantain	20 g	Walnut leaves	20 g

Pour **250 ml** boiling water over **1 tsp** of this mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR DEPRESSION

Horsetail	50 g	St. John’s Wort	50 g
Speedwell	50 g	Wild Thyme	50g

Pour **250 ml** boiling water over **1 tsp** of this mixture. Allow to stand for a few minutes, then strain and drink.

TEA FOR DIABETES

Avens	60 g	Golden Fingergrass	60 g
Blackberry leaves	20 g	Dried green bean pods	40 g
Blueberry leaves	20 g		

1. Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **8 cups** per day.
2. Special **Tea 14** as directed.
3. **60 drops** of **Small Swedish Bitters** per day.

N.B. The patient should remain under medical supervision until fully cured.

TEA FOR DIARRHOEA

Calamus	50 g	Camomile	50 g
Calendula	50 g	Ramsons	50 g

Pour **250 ml** boiling water over **1 tsp** of this mixture. Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

TEA FOR DIGESTION PROBLEMS

Agrimony	35 g	Lady’s Mantle	35 g
Calamus	35 g	Speedwell	35 g

Comfrey	35 g	Yellow Dead Nettle	35 g

1. Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.
2. Also drink a course of **Mistletoe Tea**.

TEA FOR EDEMA

Bedstraw	25 g	Horsetail	25 g
Calamus	25 g	Indian Corn silk	25 g
Calendula	25 g	Ramsons	25 g
Cowslip	25 g	Stinging Nettle	25 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR EPILEPSY

Bedstraw	50 g	Lady's Mantle	50 g
Butterbur	50 g	Wild Thyme	50 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR FEVER

Butterbur	65 g	Lady’s Mantle	65 g
Camomile	65 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR FLATULENCE

Camomile	40 g	Sage	40 g
Calamus	40 g	Yarrow	40g
Ramsons	40 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

TEA FOR GALLBLADDER

Calamus	50 g	Horsetail	50 g
Greater Celandine	50 g	Stinging Nettle	50 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR GLANDS

Calamus	25 g	Sage	25 g
Calendula	25 g	St. John’s Wort	25 g
Dandelion	25 g	Walnut leaves	25 g
Plantain	25 g	Yellow Dead Nettle	25 g

1. Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.
2. Also drink 1 course of **Mistletoe Tea**.

TEA FOR GOUT

Butterbur	20 g	Dandelion	20 g
Calamus	20 g	Horsetail	20 g
Comfrey	20 g	Indian Corn silk	20 g
Club Moss	20 g	Speedwell	20 g
Cowslip	20 g	Stinging Nettle	20 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR INSOMNIA & NERVOUS COMPLAINTS

Cowslip flowers	50 g	Horsetail	10 g
Bedstraw	25 g	Lady’s Mantle	15 g
Camomile	25 g	Ramsons	5 g
Lavender	25 g	Sage	10 g
St. John’s Wort	10 g	Speedwell	15 g
Hops cones	5 g	Wild Thyme	10 g

Valerian roots	5 g	Yellow Dead Nettle	5 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink **1 cup** before going to bed.

TEA FOR INTESTINES

Calamus	20 g	Sage	20 g
Calendula	20 g	Speedwell	20 g
Comfrey	20 g	Walnut leaves	20 g
Golden Rod	20 g	Yarrow	20 g
Mallow	20 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR THE KIDNEYS

Bedstraw	15 g	Indian Corn silk	15 g
Golden Rod	15 g	Plantain	15 g
Yellow Dead Nettle	15 g	Shepherd’s Purse	15 g
Agrimony	15 g	Willow-Herb	15 g
Club Moss	15 g	Yarrow	15 g
Greater Celandine	15 g	Yellow Dead Nettle	15 g
Horsetail	15 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

TEA FOR THE LIVER

Agrimony	20 g	Horsetail	20 g
Bedstraw	20 g	Sage	20 g
Woodruff	20 g	Speedwell	20 g
Club Moss	20 g	Walnut leaves	20 g
Dandelion	20 g	Yarrow	20 g
Greater Celandine	20 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **1 cup** on an empty stomach and then **2 more** during the day.

TEA FOR THE LUNGS

Mallow	35 g	Stinging Nettle	35 g
Plantain	35 g	Wild Thyme	35 g
Sage	35 g	Yarrow	35 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink.

TEA FOR MENOPAUSE DISORDERS

Lady's Mantle	50 g	Shepherd’s Purse	50 g
Mistletoe	50 g	Yarrow	50 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and sip slowly. Drink **4 cups** per day.

TEA FOR RHEUMATISM

Agrimony	15 g	Ramsons	15 g
Comfrey	15 g	Speedwell	15 g
Club Moss	15 g	Stinging Nettle	15 g
Cowslip	15 g	St. John’s Wort	15 g
Horsetail	15 g	Wild Thyme	15 g
Dandelion	15 g	Yarrow	15 g
Indian Corn silk	15 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and sip slowly. Drink **3 cups** per day.

TEA FOR THE SPLEEN

Agrimony	40 g	Speedwell	40 g
Bedstraw	40 g	Stinging Nettle	40 g

Dandelion	40 g	

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day, plus **Calamus Tea** as prescribed.

TEA FOR STOMACH PROBLEMS

Stinging Nettle	40 g	Yarrow	40 g
St. John’s Wort	40 g	Yellow Dead Nettle	40 g
Wood Sorrel	40 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink.

TEA FOR STOMACH ULCERS

Calamus	30 g	Mallow	30 g
Calendula	30 g	Stinging Nettle	30 g
Comfrey	30 g	Wood Sorrel	30 g
Lady’s Mantle	30 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.

TEA FOR TONSILLITIS

Agrimony	65 g	Mallow	65 g
Horsetail	65 g		

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and sip slowly. Drink **4 cups** per day.

TEA FOR URINE PROBLEMS

Bedstraw	50 g	Stinging Nettle	50 g
Camomile	50 g	Wild Thyme	50 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and sip slowly. Drink **4 cups** per day.

TEA FOR WHITE DISCHARGE (uterus)

Horsetail	50 g	Walnut leaves	50 g
Lady’s Mantle	50 g	Yarrow	50 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **4 cups** per day.

TEA FOR WOUNDS

Agrimony	25 g	Mallow	25 g
Bedstraw	25 g	Plantain	25 g
Calendula	25 g	Speedwell	25 g
Lady’s Mantle	25 g	St. John's Wort	25 g

Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand until lukewarm. Wash the wound with the tea, dab dry with a clean cloth, and then apply **Ointment 6** to the edges of the wound.

3.Tonics

1. **HEART TONIC**

Weak Heart

1. Fill a **2 litres** bottle with **Cowslip flowers.** Cover with **white wine,** seal the bottle and stand in the sun for **2 weeks**.
2. Gently simmer 20 stems of fresh Parsley, 50 g Lady's Mantle, 50 g Mistletoe and 50 g Ramsons in 1 litre of white wine to which has been added 2 tbsp of wine vinegar, for 10 min.
3. Add 300 g honey and simmer for another 4 min. Strain and bottle whilst still hot.
4. When the wine from 1 is ready, mix the two wines together and bottle again.
5. Take **3 tbsp** per day.

2. **WINE FOR JAUNDICE**

Jaundice & Hepatitis

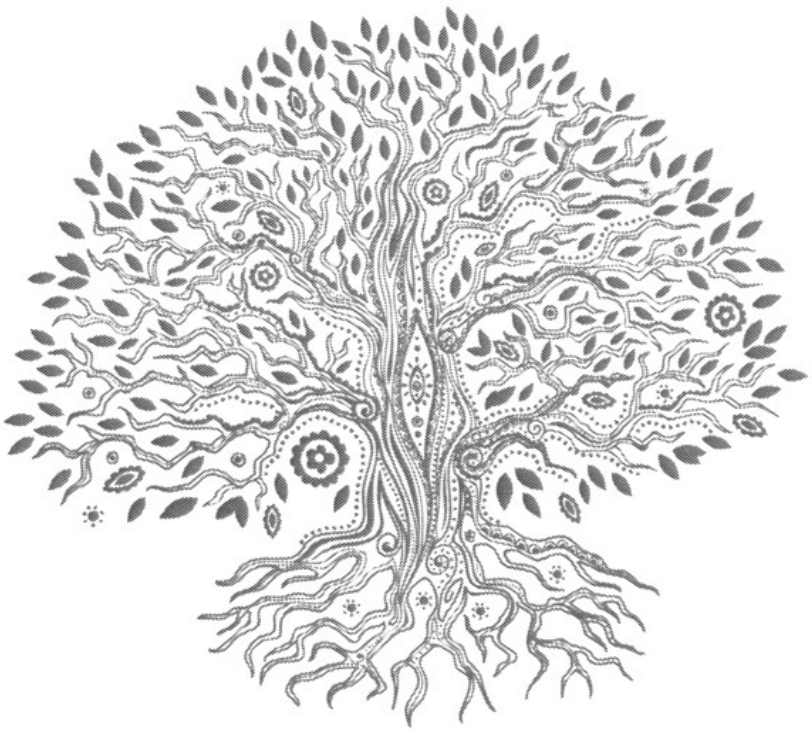
Place **90 g Greater Celandine** (use the whole plant) in **1,5 litres** of white wine for **24 hr.** Drink **250 ml 3 times** per day.

3. **WALNUT CORDIAL**

Appetite, Intestinal Disorders, Jaundice & Diabetes

Quarter **20** unripe nuts, and put into a wide-necked bottle. Cover with **1 litre** whisky, and stand in the sun for **4 weeks.** Take **1 tsp** whenever needed.

Syrup: 3 cloves, cinnamon stick, vanilla pod, half orange rind, 500 g sugar boiled in 250 ml water. Once the syrup is cold, add it to the prepared cordial and mix well.



Chapter Ten

Specialised Treatments

1.TREATMENT FOR ACNE, ECZEMA & PSORIASIS

Bedstraw	25 g	Speedwell	25 g
Dandelion	25 g	Stinging Nettle	25 g
Plantain	25 g	Walnut leaves	25 g
Ramsons	25 g	Wood Sorrel	25 g

1. Pour **250 ml** boiling water over 1 tsp of the mixture. Allow to stand for a few minutes, then pour into basin and cool with cold water. Wash affected area with mixture.
2. Dab dry with a clean towel.
3. Apply Bulbinella.

To use Bulbinella: Cut off a leaf, slice it open lengthways, and apply the inner fluid directly onto the affected area. Repeat as necessary.

2.TREATMENT FOR BARRENNESS

Mistletoe Juice

Liquidise whole plant, (excluding berries). Use as directed.

25 drops in water before breakfast. **25 drops** in water before going to bed.

3.TREATMENT FOR BRONCHITIS

Comfrey	40 g	Speedwell	40 g
Mallow	40 g	Wild Thyme	40 g
Plantain	40 g		

1. Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Sip **3 cups** per day.
2. **15 drops** Coltsfoot & Horsetail Tincture **3 times** per day.
3. **1 sip** Coltsfoot Syrup every **30 min**.

4.TREATMENT FOR BURNS

Bulbinella

Cut off a leaf, slice it open lengthways, and apply the inner fluid directly onto the burn. Repeat if there is still pain after **15 min.**

5.TREATMENT FOR EYES *&* CATARACTS

Calendula, Greater Celandine & Horsetail juice

Liquidise stalks, leaves and flowers of herbs. Use when needed by applying to the LIDS of the CLOSED eyes.

6.TREATMENT FOR HERPES

1. Wash the affected area with **Calendula, Greater Celandine** & **Horsetail Juice**.
2. Dab dry with a clean towel.
3. Apply **Bulbinella**.
4. Drink **4 cups** Ramsons Tea per day.

To use Bulbinella: Cut off a leaf, slice it open lengthways, and apply the inner fluid directly onto the affected area. Repeat as necessary.

7.TREATMENT FOR JAUNDICE

Drink **4 cups** of **Dandelion** & **Speedwell Tea** per day made from **1 tsp** of each herb.

Drink **250 ml** of **Wine for Jaundice 3 times** per day.

Take **1 tsp** of **Walnut Cordial 4 times** per day.

8.TREATMENT FOR OSTEOPOROSIS

1. Drink **125 ml Yarrow Tea 4 times** per day. To every **second** tea add **½ tsp** ground **Fenugreek** seeds.
2. Apply **Yarrow Tincture daily** to the spine.
3. Steep **200 g Yarrow** overnight in cold water. The next morning bring to the boil and add to a bath. The heart region MUST be outside of the water. Soak in **1 bath** every **2 weeks** for **20 min**.

9.TREATMENT FOR PARALYSIS

Treatment - 11 weeks

1. **Mistletoe Tea**: **3 cups** per day for 6 weeks; **2 cups** per day for 3 weeks; **1 cup** per day for 2 weeks.
2. **Tea for Paralysis**: **2 cups** per day; one in the morning, one in the afternoon. Drink this tea for the entire 11 weeks of treatment.
3. **Swedish Bitters Compress**: Apply **once daily** to the back of the head for 11 weeks.
4. **Thyme Oil**: Massage the affected area once daily with Thyme Oil. After the massage place a **Comfrey Leaf** Poultice on the affected area.
5. **Horsetail** & **Yarrow Sitz Baths**: Take a sitz bath **every morning** for **20 min**. The heart area must be OUT of the water. Use one of the herbs, (either Horsetail or Yarrow), for 1 week, then use the other herb for the following week. Keep alternating the herbs on a weekly basis.

10.TREATMENT FOR SKIN

(Other than Acne, Eczema & Psoriasis)

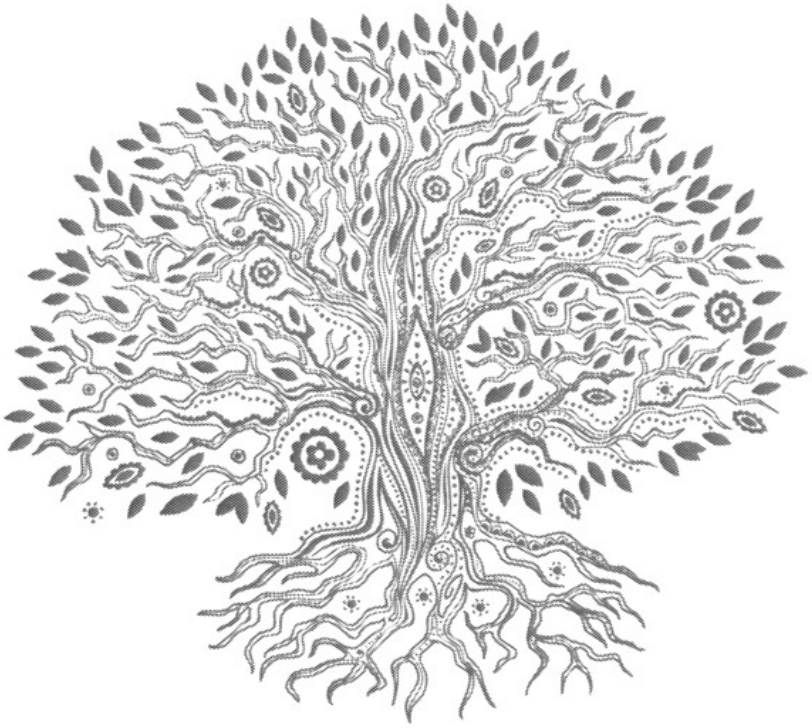
Bedstraw	40 g	Speedwell	40 g
Greater Celandine	40 g	Yellow Dead Nettle	40 g
Ramsons	40 g		

1. Make a tea by pouring **250 ml** boiling water over **1 tsp** of the above mixture. Allow to cool until just warm.
2. Wash affected skin with the warm tea.
3. Do NOT dry, but allow to dry naturally.
4. Once dry apply **Ointment 1**.

11.TREATMENT FOR TUBERCULOSIS

Horsetail	65 g	Wood Sorrel	65 g
Plantain	65 g		

1. Pour **250 ml** boiling water over **1 tsp** of the mixture. Allow to stand for a few minutes, then strain and drink. Drink **3 cups** per day.
2. **15 drops** Coltsfoot Tincture **3 times** per day.
3. **1 sip** Coltsfoot Syrup every **30 min**.
4. **Coltsfoot Poultices** as prescribed.



Chapter Eleven

Poultices

1. COLD SWEDISH BITTERS COMPRESS

For All Serious Illnesses, Migraines & Eye Complaints

1. **Rub** the affected area well with **Ointment 3** to avoid skin irritation.
2. **Moisten** a thin piece of cotton wool with **Swedish Bitters**, place on affected area whilst lying down. Cover with a **dry** piece of cotton wool, and place a layer of plastic over the top. Then wrap well with a **cloth bandage**.
3. Apply for **4 hours**.
4. After the compress has been removed, **powder** the area well to avoid getting a rash.

2. HORSETAIL AND SWEDISH BITTERS POULTICES

For Internal Cysts & Tumours (Benign & Malignant) & Leukaemia

1. In the case of **cysts** and **tumours**, heat **200 g** of **Horsetail leaves and roots**, or **2 tablespoons** of the dried herbs by placing them in a **sieve** over **boiling water**. Place the hot herbs between a piece of **folded linen** and apply to the area of the **tumour** or **cyst** for **2 hours**, whilst the patient remains in bed. This is done **3 times per day**, in the morning, the late afternoon and again at night whilst sleeping. As a guide use the following times: from 07:00-09:00; 1 6:00-18:00; 22:00 until changed in the morning.
2. At **mid-day** (11:00-14:00) rub the area of the **tumour** or **cyst** with **Ointment 3** and then apply a cold compress of **Swedish Bitters** (Tincture 1) for **4 hours**.
3. In the case of **leukaemia**, the poultices should be applied to the **liver** and **spleen**.

NOTE: The above poultices can be applied whilst the patient remains in bed, or alternatively they can be kept in place with bandages if the patient does not wish to remain in bed.

3.COMFREY LEAF POULTICE

For Paralysis After Strokes

1. **Heat** the leaves by pouring hot water over them through a **sieve**. Place the hot leaves between a piece of **folded linen** and apply to the affected area for **4 hours** whilst the patient remains in bed.
2. Apply poultices **twice per day**.

4.COLTSFOOT & SWEDISH BITTERS POULTICES

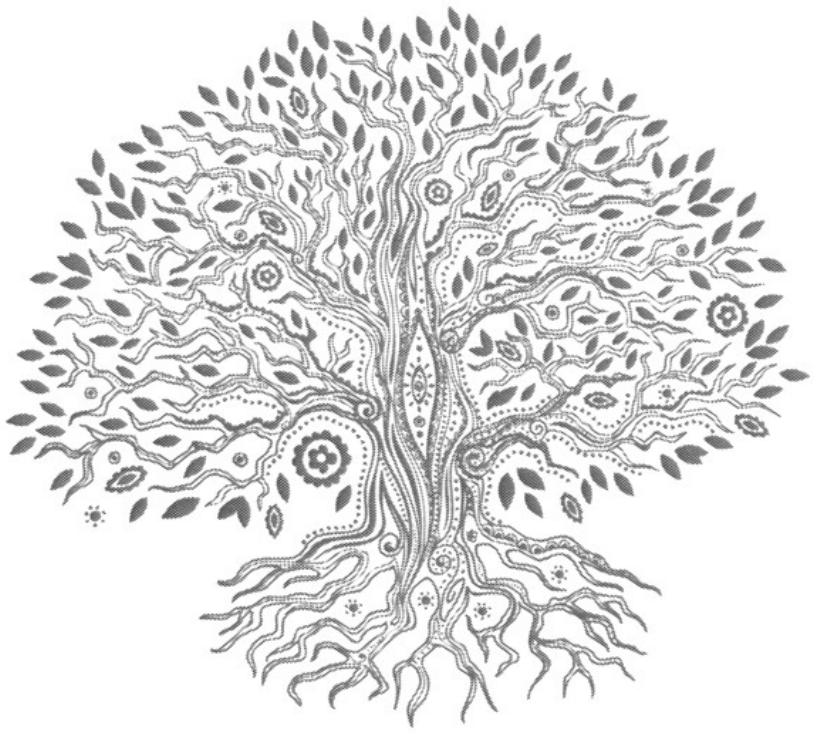
For Pneumonia & Tuberculosis

1. **Heat 200 g** of **Coltsfoot leaves and roots** by placing them in a **sieve** over **boiling water**. Place the hot herbs between a piece of **folded linen** and apply to the lungs for **2 hours**, whilst the patient remains in bed. This is done **3 times per day**, in the morning, the afternoon and again at night whilst sleeping.
2. At **mid-day** rub the back with **Ointment 3** and then apply a cold compress of **Swedish Bitters** (Tincture 1) for **4 hours**.

5.BUTTERBUR, CALENDULA & COMFREY POULTICE

For Paraplegia, Rheumatism, Gout & Bone Fractures

Heat 200 g of **Butterbur, Calendula** and **Comfrey** leaves and roots by placing them in a **sieve** over **boiling water.** Place the hot herbs between a piece of **folded linen** and apply to the affected area for **2 hours.** This is done **3 times per day,** in the morning, the afternoon and again at night whilst sleeping.



Chapter Twelve

Onitments & Oils

Onitments

OINTMENT 1: CALENDULA & ST. JOHN'S WORT

Swelling, Inflammation, Boils, Festering Sores

A: Fresh Herbs

Calendula	St. John's Wort
Walnut leaves	Rest Harrow
Bedstraw	Comfrey
Cowslip umbels	Club Moss
Dandelion	

B: Dried Herbs

Calendula	5 g	St. John's Wort	3 g
Walnut leaves	2 g	Rest Harrow	2 g
Bedstraw	2 g	Comfrey	5 g
Cowslip umbels	2 g	Club Moss	2 g
Dandelion	2 g		

OINTMENT 2: AGRIMONY & CALENDULA

Varicose Veins & Varicose Ulcers

A: Fresh Herbs

Agrimony	Yellow Dead Nettle
Calendula	Gotu Kola

B: Dried Herbs

Agrimony	6 g	Yellow Dead Nettle	6 g
Calendula	6 g	Gotu Kola	6 g

OINTMENT 3: CALENDULA

For Use With Swedish Bitters Compresses			
A: Fresh Herbs			
Calendula			
B: Dried Herbs			
Calendula	25 g	Yellow Dead Nettle	6 g

OINTMENT 4: YARROW

Hemorrhoids & Itching (Anus & Vagina)			
A: Fresh Herbs			
Yarrow **(***flowers only***)**		Raspberry (*leaves only*)	
B: Dried Herbs			
Yarrow flowers	15 g	Raspberry leaves	15 g

OINTMENT 5: HORSETAIL

Bony Spurs On Heels		
A: Fresh Herbs	***B: Dried Herbs***	
Horsetail	Horsetail	25g

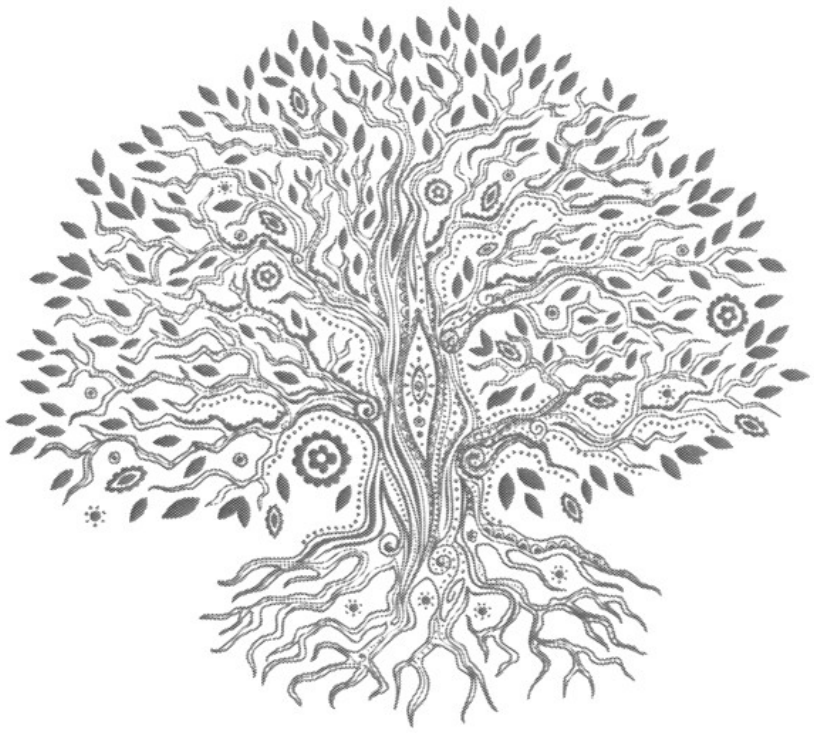
OINTMENT 6: COMFREY

Wounds		
A: Fresh Herbs	***B: Dried Herbs***	
6 Comfrey roots	Comfrey roots	25 g

Oils

OIL 1: THYME		
Massage Oil For Paralysis After Strokes		
A: Fresh Herbs		
Use **flowering Thyme** harvested at **midday** in full sun.		
B: Dried Herbs		
Thyme	50 g	

OIL 2: ST. JOHN'S WORT		
Glandular Swelling		
A: Fresh Herbs		
Use flowering St. John's Wort **harvested at** midday **in full sun.**		
B: Dried Herbs		
St. John's Wort	50 g	



Chapter Thirteen

Sitz Bath & Washes

Sitz Baths

SITZ BATH 1: HORSETAIL

Cysts & Tumours (Benign & Malignant)

1. Soak **100 g** of **Horsetail** in **cold water overnight**. The next day bring it to the **boil** and add to the bathwater.
2. Bathwater must be as **hot** as is bearable, and the water must reach to **above** the **kidneys**, but with the **heart** area still outside of the water.
3. Soak in the bath for **20 min**.

Do **not dry** off, but put on a bathrobe and lie in bed perspiring for **1 hour**.

SITZ BATH 2: YARROW

Ovaries, White Discharge, Vagina Itching & Bedwetting

1. Soak **100 g** of **Yarrow** in **cold water overnight**. The next day bring it to the **boil** and add to the bathwater.
2. Bathwater must be as **hot** as is bearable, and the water must reach to **above** the **kidneys**, but with the **heart** area still outside of the water.
3. Soak in the bath for **20 min**.

Do **not dry** off, but put on a bathrobe and lie in bed perspiring for **1 hour**.

SITZ BATH 3: THYME

Depression & Nervous Complaints

1. Soak **200 g** of **Thyme in cold water overnight**. The next day bring it to the **boil** and add to the bathwater.
2. Bathwater must be as **hot** as is bearable, and the water must reach to **above** the **kidneys**, but with the **heart** area still outside of the water.
3. Soak in the bath for **20 min**.

Do **not dry** off, but put on a bathrobe and lie in bed perspiring for **1 hour**.

Washes

1. STINGING NETTLE & WOOD SORREL WASH

Eczema, Psoriasis & Severe Skin Rashes

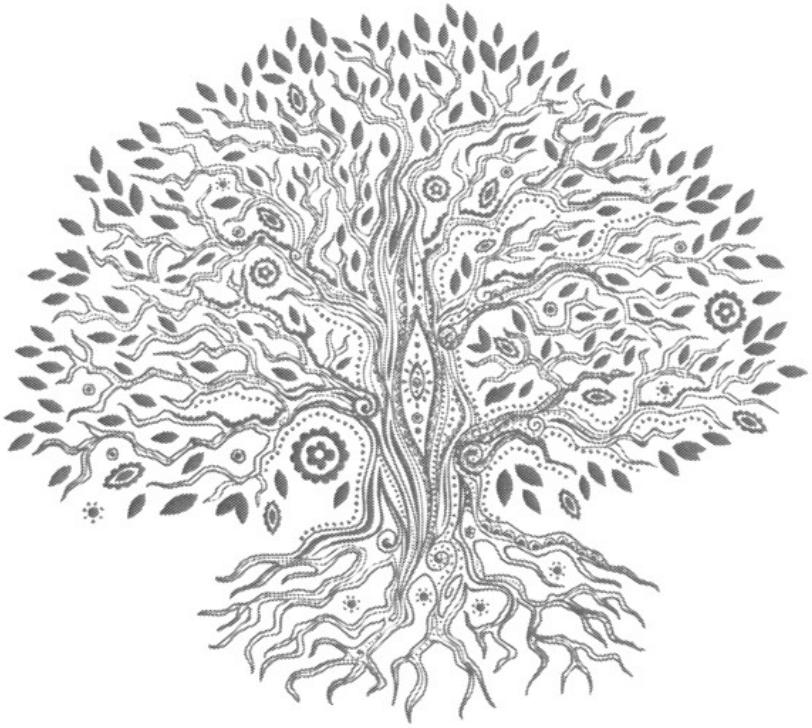
Put **1 tablespoon** of prepared **Stinging Nettle juice** and **1 tablespoon** of prepared **Wood Sorrel juice** into a basin of **warm** water and rinse the affected area repeatedly for about **5 minutes**. Then rub dry with a towel.

To Prepare Juice: 1. Soak **100 g** of the **dried herb** in cold water overnight. The next morning bring it to the **boil** with **1 litre** of water. Let stand until cold, then bottle and keep in a cool dry place until needed. 2. Liquidise **fresh leaves** of the herb in a liquidiser and use immediately as directed.

2. CALAMUS WASH

Chilblains ***&*** Frostbite

1 tsp Calamus roots soaked overnight in a cup of cold water. Next morning bring to the boil and then let stand for 5 min. Bathe the affected area with the infusion.



Chapter Fourteen

Diseases & Herbal Cures

NOTE WELL!!! Please note that all the herbs listed in this book are completely safe if they are used in the quantities given. However, there are particular circumstances under which certain herbs may not be taken without risk. Therefore before using any of the herbal cures listed, please first check the Table given on Pg. 99 to ensure that the herbs you wish to take are all safe for you to use.

A	
Acne	Walnut Tea & Bulbinella
Adenoids	Horsetail Tea
Alcoholism	Wild Thyme Tea
Amnesia	Horsetail & Ramsons Tea
Anaemia	Tea for
Anus muscle *(weak)*	Lady's Mantle Tea & Shepherd's Purse Tincture
Anxiety	Ramsons Tincture
Appetite	Calamus, Sage & Yarrow Tea, & Walnut Cordial
Arteries	Tea for
Asthma	Coltsfoot Tea & Plantain Syrup
Athlete's foot	Ointment 3
B	
Barrenness	Mistletoe Juice
Bedwetting	Horsetail, Indian Corn, St. John's Wort & Yarrow Tea
Bites	Apply freshly crushed Plantain leaves
Bladder,	Tea for Bladder
Stones	Cowslip Tea
Bleeding,	
Gums	Rinse mouth with warm Sage & Shepherd's Purse Tea

Intestines	Mistletoe & Shepherd’s Purse Tea
Lungs	Horsetail, Mistletoe, Shepherd’s Purse *&* Yarrow Tea
Nose	Horsetail, Shepherd’s Purse & Yarrow Tea
Stomach	Horsetail, Shepherd’s Purse & Yarrow Tea
Uterus	Horsetail & Shepherd’s Purse Tea
Blisters	Apply freshly crushed Plantain leaves
Blood,	
Circulation	Tea for
Cleanser	Tea for
Pressure,	
High	Club Moss & Ramsons Tea
High/low	Mistletoe & Shepherd’s Purse Tea
Staunching	Apply fresh leaves of Comfrey & Mallow
Sugar *(lowering)*	Stinging Nettle Tea
Vomiting	Horsetail Tea
Boils	Bedstraw Tea and Ointment 1
Bone,	
Fractures	Comfrey Poultices
Infection	Comfrey Poultices
Marrow	Yarrow Tea
Bronchitis	Treatment for
Bruises	Apply Coltsfoot Tincture
Burns	Apply Bulbinella
C	
Cancer	Bedstraw Tea
Cataracts	Greater Celandine Juice *(external use only)*
Chilblains	Calamus & Walnut Wash
Chlorosis	Stinging Nettle Tea
Cholesterol	Speedwell Tea

Cold sores	Apply Bulbinella
Colds	Camomile Tea & Tincture
Colic	Calamus Tea
Conjunctivitis	Bathe eyes in cold Camomile Tea
Constipation	Club Moss & Walnut Tea
Convalescence	Club Moss Tea
Coughs	Mallow Tea
Cramps	Club Moss, Mistletoe & Sage Tea
Cysts	Indian Corn Tea
D	
Dandruff	Wash hair with warm Horsetail Tea
Depression	Tea for
Detoxifier	Calamus & Ramsons Tea
Diabetes	Tea for
Diarrhoea	Tea for
Digestion	Tea for
Dislocations	Butterbur & Comfrey Poultices
Diuretic	Dandelion & Indian Corn Tea
Dizziness	Mistletoe, Ramsons & Yarrow Tea
Dry mouth	Mallow Tea
Dysentery	Mistletoe Tea
E	
Earache	1 drop of Coltsfoot Tincture in ear
Eczema	Treatment for
Edema	Tea for
Emotional stress	Golden Rod Tea
Emphysema	Mallow & Wild Thyme Tea
Epilepsy	Tea for
Excessive menstruation	Shepherd’s Purse Tea
F	

Face wash	Warm Bedstraw & Dandelion Tea
Festering nails	Soak nails in warm Walnut Tea
Festering sores	Bathe in warm Calendula & Horsetail Tea
Fever	Tea for
Flatulence	Tea for
Frostbite	Calamus Wash
G	
Gallbladder,	Tea for
Stones	Dandelion Tea & Radish Juice
Gastritis	Camomile & Mallow Tea
Glands	Tea for
Goitre	Bedstraw Tea, & freshly crushed Plantain leaves placed over goitre
Gout	Tea for
Gums	Rinse mouth with warm Walnut Tea
H	
Haemorrhaging	Horsetail Tea
Hair conditioner	Cold Camomile, Stinging Nettle & Walnut Tea
Headaches	Stinging Nettle Tea
Heart,	
Enlargement of	Agrimony Tea
Fluid around	Indian Corn & Yellow Dead Nettle Tea
Pain across	Yarrow Tea
Weak	Heart Tonic
Heartburn	Wood Sorrel & Yarrow Tea
Hemorrhoids	Horsetail, Shepherd's Purse & Yarrow Tea
Hepatitis	Calendula Tea
Hernias	Lady’s Mantle & Shepherd's Purse Tea
Herpes	Treatment for Herpes
Hormonal imbalance	Mistletoe Tea

Hot flushes	Mistletoe Tea
I	
Indigestion	Yarrow Tea
Injured nerves	St. John’s Wort Tea
Insomnia	Tea for
Intestines	Tea for
Itches	Bathe area in cold Camomile Tea, then apply Bulbinella
J	
Jaundice	Treatment for
Joints,	
Swollen	Comfrey Poultices
K	
Kidneys	Tea for Kidneys & Calamus Tea
L	
Laryngitis	Coltsfoot Tincture & Syrup, plus Mallow Tea
Laxative	Yarrow Tea
Leprosy	Wild Thyme Tea
Leukaemia	Tea for
Liver	Tea for the Liver & Calamus Tea
Lumbago	Agrimony, Stinging Nettle & St. John’s Wort Tea
Lungs	Tea for
M	
Menopause disorders	Tea for
Menstrual problems	Tea for
Mental exhaustion	Speedwell Tea
Migraines	Cowslip & Yarrow Tea
Mouth sores	Agrimony & Sage Tea
Mouth Wash	Cold Sage & Walnut Tea

Mucous membranes	Mallow Tea
Multiple sclerosis	Wild Thyme Tea
Muscles	Lady’s Mantle Tea
Muscular atrophy	Shepherd’s Purse & Wild Thyme Tea
N	
Nausea	Yarrow Tea
Nephritis	Indian Corn, Wood Sorrel & Yellow Dead Nettle Tea
Nervous complaints	Tea for Insomnia
Neuralgia	Camomile *&* Wild Thyme Tea
Neuritis	Stinging Nettle, St. John’s Wort & Yarrow Tea
Neurosis	St. John’s Wort Tea
Nose scabs	Ointment 3
O	
Obesity	Lady’s Mantle Tea [Alchemilla alpine]
Osteoporosis	Treatment for
Ovaries	Yarrow Tea
P	
Pancreas	Bedstraw, Calamus & Mistletoe Tea
Paralysis	Comfrey, Sage & Wild Thyme Tea & Comfrey Poultices
Paraplegia	Comfrey Tea & Poultices
Parkinson’s disease	Wood Sorrel Tea
Periostitis	Comfrey Tea & Poultices
Phlebitis	Calendula Tea
Physical exhaustion	Stinging Nettle Tea
Pleurisy	Comfrey Tea, Coltsfoot Tincture & Syrup
Pneumonia	Coltsfoot Tincture & Syrup, plus Coltsfoot Poultices
Prolapse,	
Uterus	Lady’s Mantle Tea & Shepherd’s Purse

	Tincture
Rectum	Lady’s Mantle Tea & Shepherd’s Purse Tincture
Prostate,	
Cancer	Willow-Herb Tea
Inflammation	Willow-Herb Tea
R	
Rashes	Bulbinella
Rheumatism	Tea for
Rickets	Walnut Tea
Ringworm	Bulbinella
S	
Senile pruritus	Speedwell Tea
Sciatica	Stinging Nettle & St. John’s Wort Tea
Sclerosis	Wild Thyme Tea
Scurf	Walnut Tea
Sinusitis	Camomile Tea & Tincture
Skin	Treatment for
Speech disorders	St. John’s Wort Tea
Spinal chord	Sage Tea
Spleen	Tea for
Sprains	Butterbur, Calendula or Comfrey Poultices
Stings	Lady’s Mantle & Bulbinella
Stomach,	Tea for
Acid *(low/high)*	Calamus Tea
Cancer	Yarrow Tea
Cramps	Wild Thyme & Yarrow Tea
Stroke	Sage & Wild Thyme Tea
St. Vitus Dance	Bedstraw Tea
Sudorific	Dandelion Tea

Swelling	Wild Thyme Tea & Compress
Swollen breasts	Shepherd’s Purse Tea
Swollen feet	Soak feet in warm Mallow Tea
T	
Testicles	Camomile & Club Moss Tea
Throat	Sip hot Walnut Tea
Thrombosis	Apply freshly crushed Plantain leaves
Thyroid	Bedstraw Tea
Tonsillitis	Agrimony, Horsetail & Mallow Tea
Trembling	Sage Tea
Tuberculosis	Treatment for
Tumours	Treatment for
Typhoid fever	Wild Thyme Tea
U	
Ulcers,	
Stomach	Tea for
Surface	Butterbur, Calendula & Yellow Dead Nettle Poultice
Varicose	Butterbur, Calendula & Comfrey Poultice
Urinary tract	Stinging Nettle Tea
Urine problems,	Tea for
Burning	Yellow Dead Nettle Tea
Uterus disorders	Bedstraw Tea
V	
Vagina,	
Itching	Douche with warm Yarrow Tea
Varicose veins	Yellow Dead Nettle compress & Ointment 2
W	
Weak children	Plantain syrup
White discharge *(uterus)*	Tea for

Whooping cough	Plantain syrup
Worms	Calendula & Wood Sorrel Tea & eat fresh Ramsons
Wounds,	Ramsons Tea for Wounds & Ointment 6
Festering	Butterbur, Calendula & Comfrey Poultice

NOTE WELL: Where 2 or more teas are recommended mix 1 tsp of each of the herbs given, and then make 1 cup of tea by pouring 250 ml boiling water over 1 tsp of this mixture. Drink 3 cups per day.

CIRCUMSTANCES UNDER WHICH CERTAIN HERBS MAY NOT BE USED

Common & Latin Name	Uses	Active Ingredients	Side Effects
AGRIMONY *Agrimonio eupatoria*	Stops bleeding, bladder infection, astringent, diuretic, cystitis.	tannins, bitter principles, essential oil, silica	Not for arthritis patients
ALL-HEAL *Prunella vulgris*	Fresh wounds.	manganese, oleanolic acid, rosmarinic acid, rutin, ursolic acid, tannins.	
ALMOND *Prunus dulcis*	Dry skin, itches, skin inflammation.	oleic, palmitic, linoleic,. linolenic, stearic acids.	
ALOE *Aloe vera*	Anti-inflammatory, antibacterial, wounds.	amino acids, anthraquinones, enzymes, hormones, ligin, minerals.	
ANDIROBA *Carapa guianensis*	Blood circulation in the skin, swelling, arthritis.	andirobin, arachidic acid, acetoxy-gedunins, epoxyazadiradiones, deacetoxygedunins, hy- droxylgedunins, gedunins, hexadecenoic acid, linoleic acid, linolenic acid, oleic acid, palmitic acid, palmit- oleic acid, stearic acid.	

ANDROGRAPHIS *Andrographis paniculate*	Liver, bowels, colic, stomach ache, colds, influenza, bronchitis, thrombosis, dysentery, cholera, diabetes, piles, gonorrhoea, fever, worms, laxative, inflammation, wounds, ulcers, skin disorders, leprosy, pruritis, flatulence, colic, diarrhoea, expectorant.	deoxyandrographolide, andrographolide, neoan-drographolide, deoxydide-hydroandrographolide.	Not with drugs Warfarin or Heparin.
ANGELICA *Angelica archangelica (aka Archangelica officinalis)*	Digestion, blood circulation, nerve tonic, bloating, stomach cramps, colds, congestion, fever, induces menstruation.	essential oils, bitter principles, coumarin compounds.	Not during pregnancy.
ANISE *Pimpineila anisum*	Congestion, coughing, flatulence, sinus, scabies, lice.	choline, sugar, mucilage, anethol.	Not during pregnancy.
ARJUNA *Terminalia arjuna*	Heart tonic, hemorrhages, diarrhea, dysentery, edema, skin problems, fractures.	saponins, flavonoids, calcium, zinc.	Not for those with weak hearts.
ARNICA *Arnica montana*	Sports injuries.	volatile oil (containing thymol), resins, arnicin carotenoids, flavonoids.	
ASAFOETIDA *Ferula asafoetida*	Cholesterol, flatulence, insect repellent, hysteria, depression, induces miscarriages.	resin, sulphur compounds.	Not during pregnancy.
ASHWAGANDHA *Withania sonmiferum*	Aphrodisiac, gout, liver, lupus, osteoarthritis, rheumatoid arthritis, sexual tonic, stress.	withanolides, glycosides, alkaloids.	
ASTRAGALUS *Astragalus membranacous (aka Astragalus propinquus)*	Fatigue, colds, heart tonic, immune system, kidneys, sinusitis.	astragalosides and other immunostimulant polysaccharides, beta- sitosterol, flavonoids, selenium.	Not with drugs Warfarin or Heparin.

AVENS *Geum urbanum*	Astringent, heart tonic, digestion, diuretic, sedative.	Not known.	
BACOPA *Bacopa monniera*	Epilepsy, mental illnesses.	bacocine, bacoside A, bacoside A3, bacoside B.	
BALSA *Myroxylon pereirae*	Eczema, antiviral, antifungal, antiinflammatory, antiperspirant.	cinnamaldehyde, benzaldehyde.	
BALM MINT *Melissa Officinalis*	Insomnia, nervousness, anxiety, heart palpitations, depression, grief, colds, sore throat, nausea, over- active thyroid, stomach problems, fever, gout, heart tonic, herpes, insect bites, rashes.	citral, citronellal, eugenol acetate, geraniol, polyphenols, tannin, flavonoids, rosmarinic acid, triterpenoids.	Not during pregnancy.
BEARBERRY *Arctostaphylos uva-ursi*	Nephritis, kidney stones, cystitis, kidneys, liver, pancreas.	arbutin, hydroquinone, tannins.	Not for those with kidney disease.
BEDSTRAW *Galium verum*	Urinary problems, bladder, kidneys, gonorrhoea.	coumarins, asperuloside, flavonoids, tannins.	
BENZOIN *Styrax benzoin*	Asthma, bronchitis, eczema, rheumatoid arthritis, heart tonic, diuretic, expectorant, sedative, muscle relaxant, blood circulation, antiperspirant, perfume fixative.	benzaldehyde, coniferyl- benzoate, benzoic acid, cinnamic acid, vanillin.	Not for internal use.
BERGAMOT *Citrus begamia*	Depression, indigestion, herpes, laryngitis, deodorant.	linalyl acetate, bergamotine, beraptene, d-limonene, linalool.	
BETH ROOT *Trillium erectum*	Menopause problems, hormonal problems in women.	volatile & fixed oils, tannic acid, saponin, glucoside, gum, resin, starch.	Not during pregnancy.
BILBERRY *Vaccinium myrtillus*	Heart tonic, cholesterol, eyesight, bruises, sprains, astringent, anti-inflammatory.	quinic acid, tannin.	Not during pregnancy. Not with Warfarin. Not for

			diabetics. Not with bleeding disorders.
BIRCH *Betula pendula*	(Aspirin), aches & pains, eczema, kidneys.	buds: volatile oil (betulin), methyl salicylate (aspirin)* young leaves: saponins, hyperoside resin, tannins, sesquiterpenes, betuloventic acid, vitamin C bark: betulinol, glycoside.	Not during pregnancy. Not during breast feeding. Not on old frail people. Not with blood thinning medication. *Not if allergic to aspirin.
BLACKBERRY *Rubus subgenus eubatus*	Diarrhea, menorrhagia, cancer, before childbirth and after.	lycopene, ellagic, zinc picolinate.	Not during pregnancy.
BLADDERWRACK *Fucus vesiculosus*	Cellulite reduction, rheumatoid arthritis, weight loss, laxative, appetite depressant.	volatile oil, bitter principles, mannite, soda, iodine, bromine compounds of sodium and potasium.	
BLUEBERRY LEAVES *Vaccinium myrtitloides*	Diabetes, urinary tract, cystitis, enteritis, dysentary, pruritis, typhoid, eczema.	anthocyanosides, arbutin, tannins, pectins, oliogomer-ic procyanidins.	Not during pregnancy.
BOLDO *Peumus boldus Molina*	Indigestion, liver, muscle relaxant, anti-inflammatory, antibacterial, antiparasite.	boldine, flavonoids, resin, tannins essential oil: ascaridole, camphor, cineole, linalool, limonene.	Not with respiratory problems.
BORAGE *Borago officinalis*	Colds, eczema, gout, lupus, psoriasis, rheumatoid arthritis, cellulite reduction, anti-inflammatory, expectorant, diuretic.	mucilage, tannin, essential oil, potassium, calcium, pyrroli-zioline alkaloids.	
BROMENALIN *Ananas comosus*	Indigestion, gout, lupus, rheumatoid arthritis, physical aches, injuries.	bromelain.	
BUCHU	Bladder infection,	diosphenol,	Not with

Agathosma betulina	cystitis, hypertension, PMS.	mucilage, diosmin, pugelone.	kidney disorders.
BULBINELLA *Bulbine frutescens*	Wounds, burns, rashes, itches, ringworm, cracked lips, herpes.	chrysophanol, knipolone, aloctin A & B.	
BURDOCK *Arctium lappa*	Diabetes, liver tonic, acne, eczema, psoriasis, detoxification.	inulin, polyacetylenes, acetic, proprionic, butyric, isovaleric, lauric, myristic, stearic, palmitic, tannin, polyphenolic acids, arctiin, chlorogenic acid.	
BUTTERBUR *Petasites vulgaris*	Asthma, colds, heart tonic, migraines.	senecionine, integerrimine, quercetin, astragalan, isoquercitrin, petasin, neopetasin, tannins, mucilage, volatile oil, sesquiterpene.	Not during pregnancy.
CACAO *Theobroma cacao*	Cholesterol, coughs, eczema, hypertension, weight loss.	caffeine, flavonoids, phenylethylalamine , anandamide, magnesium, sulfur, oleic acid, theobromine, tryptophan.	
CALAMUS *Acorus calamus*	Aches & Pains, amenorrhea, asthma, colds, congestion, sinusitis, cough, migraines, rheumatoid arthritis, laryngitis, aphrodisiac.	aserone, cineole, alpha- pinene, alpha-terpineol, azulene, beta-asarone, camphene, camphor, choline, delta-cadinene, elemicin, ethanol, eugenol, galangin, limonene, magnesium, menthol, terpines, tannin, zinc.	Hallucinogenic (aserone).
CALENDULA *Calendula officinalis*	Abrasions, cuts, acne, improves vision, insect bites, rashes.	carotenoids, resin, essential oil, flavonoids, sterol, bitter principle, saponins, mucilage.	
CAMOMILE *Matricaria chamomilla*	Abscesses, boils, anxiety/ panic, stress, depression, insomnia, Candida,	volatile oil (chamazulene, farnesene, bisabolol), rutin,	Not with blood thinners.

	indigestion, burns, eczema, skin care, hair care, toothache, earache, women’s tonics.	quercimertrin, umbel- liferone, valerianic acid, fatty acids, cyanogenic glycosides, salicylate derivatives, polysa.	
CAMPHOR *Cinnamonum camphora*	Bronchitis, colds, congestion, sinusitis, bruises, sprains, gout, heart tonic, insomnia, lupus, rheumatoid arthritis.	camphor, azulene, bisabolone, alpha-bisaboiene, beta-bisaboiene, borneol, cadinadiene, cadinene, cinnamonol, cineole, p-cymene, cymol, citronellic acid, citronellol, cuminalcohol, cresol, cubenol, cuminaldehyde, eugenol, geraniol, kaempferol, linalool, alpha-pinene.	
CARLINE THISTLE *Carlina acaulis*	Stomach cramps, gallbladder, liver, dropsy, acne, eczema, urinary problems, aphrodisiac.	carlina oxide, cariiene, inulin, bitter substances, phenol, palmitic acid, tannins, resins, flavonoids.	
CHICORY *Cichorium intybus*	Cholesterol, gout, heart tonic, liver.	inulin, bitters, cichoriin, taraxasterol, tannins, sugars, pectin, fixed oils, inulin, fructose, resin, chicoriin, esculetin.	
CLUB MOSS *Huperzia serrata*	Mental health.	lycopodine, clavatine, clavatoxine, nicotine, dihydrocaffeic, apigenin, triterpenes.	Not during pregnancy.
COLTSFOOT *Tussilago farfara*	Asthma, bronchitis, colds, congestion, sinusitis, coughs.	mucilage, alkaloid, saponins, tannins, zinc, potassium, calcium.	
COMFREY *Symphytum officinale*	Abrasions, cuts, bruises, sprains, eczema, bronchitis, diabetes, osteoarthritis.	annin, rosmarinic acid, allantoin, steroidal saponins, mucilage, inulin, pyrrolizidine	

		alkaloids, gum, carotene, glycosides, sugars, beta-sitosterol, triterpenoids, vitamin b-12, protein, zinc.	
COUCH GRASS *Agropyron repens*	Bladder infection, cystitis, bronchitis, laryngitis.	triticin, inositol, mannitol, fixed oil, vitamins A & B, vanillin glycoside, saponin, mucilage, potassium silica, iron, agropyrone.	Not for low blood sugar.
COWSLIP *Primula officinalis*	Rheumatism, gout, heart, nervous disorders, migraines, kidneys, dropsy, strokes, expelling stones in the bladder.	primula acid, saponins, gossypetin, kaempferol dirhamnoside, 3-gentiotrioside, quercetin, carotenoids, enzymes, 3’,4',5’-trimethoxyflavone and mono-, di- tripe ntamethoxyftavone s, priverogenin A, B, primulaverin, rare sugars, sugar alcohols, tannin.	
CRANE’S BILL *Geranium maculatum*	Bladder problems, ulcers, burns, canker, cellular regeneration, cleansing, detoxification, diarrhea, digestive disorders, gastritis, gastrointestinal problems, gingivitis, hemorrhoids, infections, hemorrhages, sore throat, toothache, urinary tract infections, wounds.	tannins, anthocyanins, gum, resin, starch, sugar, calcium oxalate.	Not for those with liver problems. Not for prolonged use.
DANDELION *Taraxacum officinale*	Acne, bruises, sprains, bladder infection, cystitis, bronchitis, cholesterol, colds, mental health, diabetes, indigestion, hypertension, liver, osteoporosis, PMS, during pregnancy, women's tonic,	choline, phenolic acids, asparagine, vitamins, potassium, lutein, violaxanthin, carotenoids.	

	alcoholism/drug abuse.		
DEVIL'S CLAW *Harpagophytum procumbens*	Aches & pains, fibromyalgia, gout, heart tonic, liver, lupus, rheumatoid arthritis.	aluminum, calcium, chlorogenic acid, chromium, harpagide, kaempferol, luteolin, magnesium, oleanolic acid, selenium, tin, zinc.	Not with ulcers. Not with heart, blood pressure & diabetic medications.
DITTANY *Origanum dictamnus*	Wounds/bruises, aches/ pains, sciatica, snake bites, gastric/stomach ailments, rheumatism, convulsions, heart tonic, cleaning of arteries, menstrual problems, childbirth.	carvacrol, ursolic, oleanolic, flavonoids.	
ECHINACEA *Echinacea purpureea*	Candida, colds, coughs, sinusitis, laryngitis, immune system insect bites, rashes.	humulene, caryophylene, glycoside, polysaccharide, polyacetylenes, isobutylalklamines, resin, betain, inulin, sesquiterpene.	Not with autoimmune diseases, rheumatoid arthritis, lupus, AIDS, tuberculosis.
ELDER *Sambucus nigra*	Bronchitis, colds, congestion, sinusitis, coughs, influenza, laryngitis.	palmitic, linoleic, linolenic acid, triterpenes, rutin, pectin, mucilage, vitamin C, bio-flavonoids, cyanogen ic glycosides.	
EVERBRIGHT *Euprasia*	Allergies, hay fever, congestion, sinusitis, eye care.	aucubin, saponins, tannins, resin, volatile oil.	
FENUGREEK *Trigonella foenum-graecum*	Cholesterol, diabetes.	arginine, beta-carotene, beta-sitosterol, coumarin, diosgenin, fiber, gamma-aminobutyric acid (gaba), kaempferol, luteolin, magnesium, manganese, niacin, potassium, pyridoxine, quercetin,	Not during pregnancy.

		riboflavin, rutin, sulfur, thiamine, trigonelline, tryptophan, vite.	
FRANGULA BARK *Frangula alnus*	Laxative, antiseptic, gallbladder, liver, jaundice, hepatitis, hemorrhoids.	frangulins A & B, glucofrangulins A & B, franguloside, physcion, chrysophanol, anthrone and dianthrone glycosides.	Not during pregnancy. Not for those with colitis.
FUMITORY *Fumaria officinalis*	Acne, eczema, indigestion, liver.	fumarine, protopine, bitter principles, tannins, fumaric acid, mucilage, resin, potassium.	
GENTIAN *Gentiana lutea*	Indigestion, nausea, to stop smoking.	amarogentin, gentiopicrin, sweitiamarin, gentianine, gentialutine, gentisein, gentisin, triterpenes, volatile oil.	Not during pregnancy. Not with high blood pressure, or gastrointestinal problems. Not for children under 2 years. Children & adults over 65 only low-strength preparations.
GINKGO BILOBA *Gnkgo biloba*	Allergies, hay fever, asthma, bronchitis, mental health, eye care, sexual tonic, varicose veins.	gibberellin, cytokinin-like substances, ginkgolic acid, bilobol, ginnol, aspartine, calcium.	Not with blood thinners.
GOAT'S BEARD *Tragopogon pratensis*	Liver, gallbladder, detoxifier, appetite/digestion, diabetes, expectorant, coughs, bronchitis, heartburn.	Not known.	
GOLDEN FINGERGRASS *Potentilla aurea/reptans*	Fever, toothache, oral sores, disinfectant, astringent, nosebleeds, diarrhea.	tannins, resins, starches, glycine, tormentol, choline, amino acids, calcium, iron, sulphate, magnesium, potassium, silica, sodium, vitamin C,	

		bioflavonoids.	
GOLDEN ROD *Salidago virga-aurea*	Congestion, sinusitis, diarrhea, kidneys.	saponins, flavonoids, tannins, essential oil.	
GOTU KOLA *Centella asiatica*	Abrasions, cuts, burns, cellulite, mental health, eczema.	asiaticoside, asiatic acid, betulinic acid, brahminoside, kaempferol, essential oil (camphor).	Not with high blood pressure or cholesterol.
GREATER CELANDINE *Chelidonium majus*	Warts, indolent ulcers, fungous growths, ringworm, traumatic inflammations, scrofula, cutaneous diseases, piles, spleen, liver, migraines, neuralgia, dyspepsia, gastric/intestinal problems, biliary catarrh, jaundice.	berberine, sanguinarine, chelidonine, protopine, coptisine, stylopine.	Not during pregnancy.
HAWTHORN *Crataegus monogyna*	Cholesterol, heart tonic, hypertension.	tannins, flavonoids, essential oil, triterpene- carbonic acid, purine.	
HEMP NETTLE Galeopasis tetahit	Spasms/cramps, nervous disorders, expectorant, tumours, wounds.	formic acid, mucilage, mineral salts, ammonia, carbonic acid.	
HOPS *Humulus lupulus*	Anxiety/panic, bruises, sprains, gout, insomnia, lupus, neuralgia, rheumatoid arthritis, toothache, earache.	volatile oil, bitter principles, bitter resin, valeronic acid, lumulone, lupulone, prenylnaringenin (estrogen).	Not for child under 14 years. Not during pregnancy. Not for women with estrogen-sensitive disorders. Not for women with breast cancer. Not for men who have gynecomastia (enlargement of the breasts). Not for men with erectile

			dysfunction. Not with medications for insomnia. Not with depression.
HORSETAIL *Equisetum arvense*	Bladder infection, cystitis, kidneys, osteoporosis.	silica and potassium salts, nicotine, quercetin.	Not during pregnancy. Not with ACE inhibitors. Not with heart problems.
IRISH MOSS *Chondrus crispus*	Bronchitis, goiter, thyroid, endocrine system, laxative, sore throat, chapped skin, lungs, dysentery, diarrhea, kidneys, bladder.	protein, polysaccharides, iodine, bromine, mucilage, carrageenans, beta carotene, Vitamin B-1, sulphur.	
IVY *Hedera helix*	Arthritis, burns, cancer, coughs, decongestant/ expectorant, dysentery, diarrhea, gallbladder, gout, inflammation, lice, liver disease, neuropathy, worms, rheumatism, scabies, scar prevention, striae, calluses, spleen, sunburn, ulcers, whooping cough, lymph glands, cellulite.	triterpenic saponins, a, B & K hederin, hederacoside A & B, arabinose, hederagenine.	Not during pregnancy or breastfeeding.
KNOTGRASS *Polygonum aviculare*	Antiseptic, astringent, breathing disorders, bronchitis, circulation, diarrhoea, dysentery, gingivitis, hepatitis, laryngitis, pharynx, piles, liver, oral hygiene, skin problems, sores, varicose veins.	flavonoids, kaempferol, myricitrin, quercitrin, avicularin, mucilage, tannic-acid, silicic acid, phenol- carboxylic acids, coumarin, umbelliferone, scopoletin.	
LADY'S MANTLE *Alchemilla vulgaris* *Alchemilla alpine*	Abrasions, cuts, diabetes, dysmenorrhea, menopause,	tannins, flavonoids, quercetin.	

	menorrhagia, Weight loss.		
LARCH *Larix sibirica*	Rheumatism, myositis, gout, neuralgia, lumboishialgia, painkiller, antiseptic, abscesses, catarrh, radiculitis, sciatica.	dihydroquercetin.	
LAVENDER *Lavandula officinalis*	Abrasions, cuts, abscesses, boils, acne, anxiety, panic, burns, sunburn, Candida, colds, depression, fibromyalgia, gout, hypertension, stomach upsets, insect bites, rashes, insect repellent, insomnia, lupus, migraines, nausea, pregnancy, rheumatoid arthritis, pet care.	volatile oil, linabol, linalyl acetate, lavendulyl acetate, terpinenol, cineole, camphor, borneol, pinene, limonene, tannins, coumarin, umbelliferone, hemiarin, flavonoids, triterpenoids.	
LEMON BALM *Melissa officinalis*	Colds, depression, heart tonic, herpes, hypertension, insect bites, rashes, nausea, pregnancy, laryngitis.	citral, citronellal, eugenol acetate, geraniol, polyphenols, tannins, flavonoids, rosmarinic acid, triterpenoids.	
LASSER BURNET *Pimpinella saxifraga*	Stomach trouble, intestinal inflammations, catarrh, coughs, asthma.	geijerene, pregeijrene, beta-bisabolene, dimethyl-azulene, polyacetylenes, coumarins, furanocoumarins, umbelliferone, bergapten, xanthotoxin, scopoletin, sphondin, isobergapten, pimpinellin, isopimpinellin, caffeic, quinic & chlorogenic acids, sitosterol, flavonoids, saponins, tannins, polysaccharides.	
LICORICE *Glycyrrhiza glabra*	Anxiety, panic, bronchitis, Candida, fatigue, colds,	glycyrrhizin, glycrrhetinic acid, resin licorcone,	Not for long term use. Not for high

	congestion, sinusitis, indigestion, menopause, psoriasis, laryngitis, stop smoking.	flavonoids.	blood pressure. Not for edema. Not for hypertension, kidney problems, diabetes or heart problems.
LINDEN *Tilia*	Anxiety, panic, colds, laryngitis.	alpha-pinene, ascorbic- acid, astragalin, beta-amyrin, beta-sitosterol, caffeic-acid, chlorogenic-acid, cysteine, eugenol, geraniol, hesperidin, isoquercitrin, limonene, linalyl-acetate, mucilage, nerolidol, p-coumaric-acid, phenylalanine, quercetin, quercitrin, tannins, terpineol, tocopherol, vanillin.	Not for heart problems.
LOBELLA *Lobelia inflate*	Asthma, bronchitis, concentration, memory, cough, laryngitis, stop smoking.	lobeline, iso-lobinine, lobelanidine, lobinaline, lobelacrin, labelianin, resin, gum, fats, chelidonic acid.	Not during pregnancy. Not for heart problems.
MACE *Myristica fragrans*	Aphrodisiac, skin problems, heartburn, rheumatism, muscle spasms, appetite stimulant, diarrhea, premature ejaculation, incontinence.	terpenes, terpene alcohol, myristicin, safrole, eugenol methyl ether.	Use sparingly (toxic).
MALLOW, MARSH *Althea officinalis*	Inflammation of mucous membranes, coughs, bronchitis, asthma, gums, mouth wash, sore throats, abdominal distress, vaginal irritations, hemorrhoids,	starch, pectin, mucilage, sugar, lignin, calcium phosphate, fixed oil, asparagin.	

	wounds.		
MANNA *Fraxinus ornus*	Very mild and gentle laxative suitable for children and pregnant women.	mannite, fraxin.	
MEADOWSWEET *Spirea Ulmarla*	Colds, congestion, sinusitis, diarrhea, gout, influenza, lupus, rheumatoid arthritis.	salicylic acid (natural aspirin) **,* flavone-glycosides, essential oils and tannins.	*Not if allergic to aspirin.
MILK THISTLE *Silybum marianum*	Alcoholism, drug abuse, cholesterol, diabetes, liver.	silymarin, silibinin, silydianin, silychristin, vitamin E, fatty acids.	
MISTLETOE *Viscum album*	Cancer, epilepsy, nervous disorders.	acetylcholine, choline, histamine, gaba, tyramine, quercetin, chalcone, fiavone, beta-amyrin, betulinic acid, oleanic acid, beta-sitosterol, stigmasterol, ursolic acid, lupeol, ester C.	Not during pregnancy.
MOTHERWORT *Leonurus cardiaca*	Amenorrhea, childbirth, cholesterol, dysmenorrhea, heart tonic, hypertension, PMS, women's tonic.	alkaloids, leonurinine, stachydrine, leonurine, leonuridin, tannins, volatile oil, vitamin A.	Not during pregnancy, except to promote labour.
MULLEIN *Vebascum Thapsus*	Congestion, sinusitis, laryngitis, stop smoking.	vitamins B2, B5, B12, & D, choline, hesperidin, magnesium, sulphur, para amino benzoic acid.	Not during pregnancy.
MYRRH *Cammiphora abyssinica*	Abrasions, cuts, coughs, facial & skin care, sinusitis.	heerabolene, limonene, dipentene, pinene, eugenol, cinamal-dehyde, cuminaldehyde, commiphoric acids, gum.	Not during pregnancy.
NUTMEG *Myristica fragrans*	Neuralgia.	sabinene, camphene, d-pinene, dipentene, d-linalool, d-borneol, i-terpineol,	

		geraniol, myristcin, safrole, eugenol.	
OAK BARK *Quercus alba*	Abrasions, cuts, burns, sunburn, diarrhea, kidneys, laryngitis.	tannin, gallic acid, ellagitannin.	
PARSLEY *Petroselinum crispum*	Digestion/ Indigestion, general health tonic, gout, IBS, kidney, lupus, rheumatoid arthritis.	starch, mucilage, sugar, volatile oil, apiin (parsley camphor), vitamins A, B, C, iron.	Not with kidney inflammation. Not during pregnancy.
PEPPERMINT *Mentha piperita*	Aches & pains, allergies, hay fever, anxiety/panic, bronchitis, chronic fatigue, colds, congestion/chest & sinus, coughs, heart tonic, IBS, influenza, migraines, nausea, neuralgia, sinusitis, deodorants/perfumes, insect repellent.	menthol, menthone, menthylacetate, menthofuran, limonene, pulegone, cineole, bisabolene, isomenthol, neomenthol, flavonoids, phytol, tocopherols, carotenoids, betaine, choline, azulenes, rosma.	
PLANTAIN *Plantago lanceolata*	Abrasions/cuts, burns/ sunburn, insect bites, rashes, laryngitis.	mucilage, glycosides, acubin, tannins, silica, zinc, potassium.	
RASMOS *Allium ursium*	Blood & veins cleansing; immune system, liver, gallbladder, stomach & intestines, cholesterol.	sulphide of the radical Allyl.	
REST HARROW *Onosis spinosa*	bladder stones, delirium.	isoflavones, triterpines, phytosterols, aromatic hydrocarbons.	
RHUBARB *Rheum rhabarbarum*	Skin infections, boils, furuncles.	rhein, emodin, aloe-emodin, physcion, chrysophamol, rhaponticin, rhapontigenin, tannins, sennosides, catechins, gallic acid, cinnaminic acid, lindleyin, oxalic acid, 2-methylbutanol and 4-methylhexanol.	Not when taking Lasix (furosemide). Not during pregnancy & lactation.

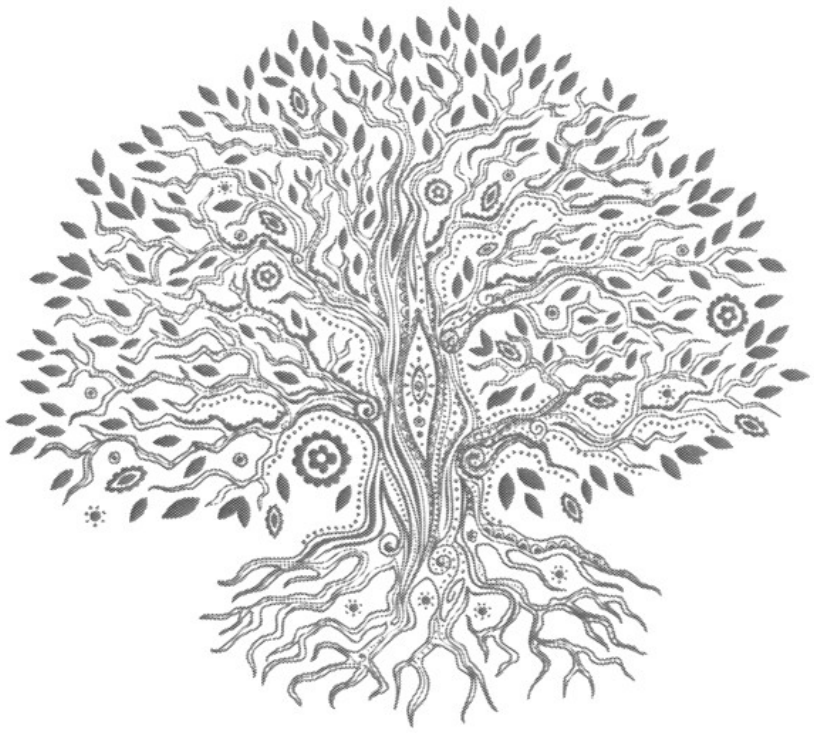
ROOIBOS *Aspalatthus linearis*	Cholesterol, general health tonic, insomnia.	aspalathin, flavonoid, trace fluoride, calcium, manganese, tannin.	
ROSEMARY *Rosmarinus officinalis*	Aches & pains, anxiety/ panic, asthma, bronchitis, cholesterol, chronic fatigue, colds, concentration, dysmenorrhea, lupus, rheumatoid arthritis, scabies, gout, heart tonics, IBS, facial & skin care, shampoo, insect repellent, cellulite.	borneol, camphene, camphor, cineole, limonene, linalool, flavonoids, pinene, resin, tannins, phenolic acid, terpenoids.	Not with epilepsy.
RUE *Ruta graveolens*	Eye care, migraines, neuralgia, rheumatoid arthritis, varicose veins, insect repellent, induces abortion.	limonene, pinene, cineol, rutin.	Not during pregnancy.
SAFFRON *Crocus sativus*	Fever, epilepsy, convulsions, digestion, regulating menstrual cycle.	zeaxanthin, lycopene, vitamin B2, riboflavin, crocin.	
SAGE *Saldia officinalis*	Cellulite, concentration/ memory, indigestion, menopause, menorrhagia, facial & skin care, deodorants/perfumes, shampoo, insect repellent, fleas.	thujone, cineole, borneol, linalool, camphors, salvene, pinine, oestrogenic substances, salvin acid, carnosic acid, flavonoids, phenolic acids, tannins.	
SENNA *Cassia acutifolia*	Constipation, inflammatory skin conditions, hypertension, obesity, cough, jaundice, bronchitis, hepatopathy, leprosy, skin diseases, leucoderma.	anthraquinone derivatives and glucosides, rhein, aloe-emedin, kaempferol, isormamnetin, myricyl.	Not for those with kidney disease, edema or high blood pressure.
SHEPHERD'S PURSE *Capsella bursa-pastoris*	Abrasions/cuts, bladder infection, cystitis, heart tonic, menorrhagia, childbirth (induces	choline, acetylcholine, tyramine, saponins, mustard oil, flavonoids.	Not during pregnancy Not for those with liver or kidney disease.

	contractions).		
SIBERIAN GINSENG *Eleutherococcus senticosus*	Fatigue, stress, concentration/memory, fibromyalgia, kidneys, immune system, sexual tonic, weight loss.	eleutherosides b & e, immunostimulant polysaccharides.	Not during pregnancy.
SILVERWEED *Potentilla anserine*	Sore throat, oral and skin ulcerations, bleeding, diarrhea, menstrual cramps, hemorrhages.	tannins, quercetin, myri- cetin, proanthocyanidins, choline, 2-pyrone-4, 6-dicarboxylic acid.	
SPEEDWELL *Veronice officinalis*	Abrasions/cuts, coughs.	organic acids, sugars, flavonoids, resin, tannins.	
ST. JOHN'S WORT *Hypericum perforatum*	Anxiety/panic, depression, influenza, congestion, sinusitis, fibromyalgia, gout, herpes, lupus, neuralgia, PMS, rheumatoid arthritis, burns/sunburn.	glycosides, hypericin, flavonoids, tannins, resin, volatile oil.	
STINGING NETTLE *Urtica dioica*	Allergies, hay fever, amenorrhea, asthma, fibromyalgia, general health tonic, kidneys, menorrhagia, osteoarthritis, osteoporosis, PMS, prostate, rheumatoid arthritis, sexual tonic, women's tonic, childbirth.	formic acid, mucilage, ammonia, carbonic acid, water.	
SWEET VIOLET *Viola odorata*	Congestion, coughing, sore throat, digestive disorders, headaches, body pains, sedative.	violine, glycoside of salicylic acid (natural aspirin)*.	*Not if allergic to aspirin.
THERIAC VENEZIAN *Pimpinella major*	Anti-inflammatory, congestion, bronchitis, catarrh, coughs, diarrhea, dyspepsia, indigestion, sore throat, wounds.	geijerene, pregeijrene, be- ta-bisabolene, dimethyl-az- ulene, polyacetylenes, cou- marins, furanocoumarins, umbelliferone,	

		bergapten, xanthotoxin, scopoletin, sphondin, isobergapten, pimpinellin, isopimpinellin, caffeic, quinic & chloro- genic acids, sitosterol, flavonoids, saponins, tannins, polysaccharides.	
TORMENTIL *Potentilla erecta*	Toothache, diarrhea, intestinal problems, sore throat, bacterial infections, lower blood sugar, mouth ulcers, gum infections and hemorrhoids, stop bleeding (styptic), cracked nipples, anal cracks.	tannins, aglycone, quinovic acid, caffeic acid, p-coumaric, sinapic acids.	
VALERIAN *Valeriana officinalis*	Anxiety/panic, coughs, dysmenorrhea, heart tonic, insomnia, menopause, migraines.	acetic acid, ascorbic acid, beta-ionone, calcium, caffeic acid, magnesium, manganese, quercetin, valeric acid.	
WALNUT *Juglans regia*	Abrasions/cuts, Candida, cholesterol, heart tonic, worms, sore throat.	juglone, vitamin C, zinc.	Not for long term or chronic use (carcinogenic) .
WILD THYME *Thymus serpyllum*	Sore throat, influenza, colds, whooping cough, coughs, bronchitis, sinusitis, worms, flatulence, colic, aches & pains, cramps, mastitis, wounds, cuts, ulcers.	phenols, thymol, carvacrol.	
WILLOW BARK *Salix alba*	Abrasions/cuts, aches & pains, colds, dysmenorrhea, gout fibromyalgia, lupus, migraines, osteoarthritis, osteoporosis, rheumatoid	tannin, salicin (natural aspirin)*.	*Not if allergic to aspirin.

	arthritis, weight loss.		
WILLOW-HERB *Epilobium parviflonm*	Bladder problems, bladder cancer, cystitis, kidneys, urinary tract disorders, prostrate.	b-sitosterol, sitosterol, campesterol, linoleic acid, quercetin, mycertin-3-o-be- ta-glucuronide, gallic acid, macrocyclic ellagitannins, oenothein A1, B1 & B2.	
WOODRUFF *Asoerula odorata*	Jaundice, hepatitis, insomnia, sedative, nervous tension, anti-inflammatory, antiseptic, varicose veins.	iridoids, coumarins, tannins, anthraquinones, flavonoids.	
WOOD SORREL *Oxalis acetosella*	Fever, hemorrhages, gonorrhoea, catarrh, urinary affections, scurvy, antidote for arsenic & mercury poison.	oxalic acid, potassium	Not for those with gout, kidney stones and arthritis.
WORMWOOD *Artemisia absinthium*	Indigestion, IBS, liver, worms, rheumatoid arthritis, insect repellent.	thujone, chamazulene, absinthum, carotene, vitamin C, tannins.	Not during pregnancy. Not for those with kidney disease.
YARROW *Achillea millefolium*	Abrasions/cuts, colds, dysmenorrhea, hypertension, menorrhagia, rheumatoid arthritis.	azulene, borneol, terpineol, camphor, cineole, thujone, isoartemesia ketone, lactones, flavonoids, tannins, coumarins, saponins, sterols, achilleine, cyanidin, amino acids.	Not during pregnancy.
YELLOW DEAD NETTLE *Lamium galeobdolon*	Urine problems, bladder trouble, kidney disorders, heart problems, digestive troubles, spleen, scrofula, skin rashes, ulcers, varicose veins.	Not known.	

YERBA MATE *Ilex paraguariensis*	Concentration, memory, depression, gout, lupus, rheumatoid arthritis, weight loss.	xanthines, theophylline, theobromine, potassium, magnesium, manganese.	
ZEDOARY *Curcuma zedoaria roscoe*	Inflammation, wounds, skin ailments, pain, health tonic, blood purification, respiratory disorders, coughs, indigestion, liver tonic, fever, menstruation problems, urine-related disorders, urinary tract infections, gastro-intestinal stimulant, colic, dyspepsia, vomiting, abdominal cramps, amenorrhea, rheumatism, uterus tonic, aphrodisiac.	germacrone-4, 1,8-cineole, 5-epoxide, furanodienone, curzerenone, zederone, dehydrocurdione, curcu- menol, isocurcumenol, curcumenone, curmanolide A, curmanolide B.	



Chapter Fifteen

Common Herbs & Their Uses

AGRIMONY		
Anaemia	Liver	Tonsillitis
Bladder	Lumbago	Varicose veins
Digestion	Mouth sores	Wounds
Heart enlargement	Rheumatism	
Kidneys	Spleen	
BULBINELLA		
Acne	Eczema	Rashes
Burns	Herpes	Ringworm
Cuts	Itches	Stings
BUTTERBUR		
Dislocations	Fever	Sprain
Epilepsy	Gout	Ulcers, surface
CALAMUS		
Anaemia	Digestion	Intestines
Appetite	Edema	Kidneys
Cancer	Flatulence	Liver
Chilblains	Frostbite	Pancreas
Colic	Gallbladder	Spleen
Detoxifier	Glands	Stomach acid (*low*/*high*)
Diarrhoea	Gout	Ulcers, stomach
CALENDULA		
Athlete’s foot	Glands	Phlebitis
Blood, circulation, cleanser	Hepatitis	Sprains
Bruises	Herpes	Ulcers, stomach, surface, varicose
Diarrhoea	Intestines	

Edema	Liver	Worms
Festering sores	Nose scabs	Wounds
CAMOMILE		
Bladder	Flatulence	Nervous complaints
Colds	Gastritis	Neuralgia
Conjunctivitis	Hair conditioner	Sinusitis
Diarrhoea	Itches	Testicles
Fever	Menstrual problems	Urination problems
COLTSFOOT		
Asthma	Earache	Pleurisy
Bronchitis	Laryngitis	Pneumonia
Bruises	Pharyngitis	Tuberculosis
COMFREY		
Blood circulation	Intestines	Pleurisy
Bone, fractures, infection	Joints, swollen	Rheumatism
Bronchitis	Paralysis	Sprains
Dislocations	Paraplegia	Ulcers, stomach, varicose
Gout	Periostitis	Wounds
CLUB MOSS		
Bladder	Cramps	Liver
Blood pressure (*high*)	Gout	Rheumatism
Constipation	Hemorrhoids	Testicles
Convalescence	Kidneys	
COWSLIP		
Bladder stones	Heart, weak	Nervous complaints
Blood cleanser	Insomnia	Rheumatism
Edema	Kidneys	
Gout	Migraines	
GOLDEN ROD		

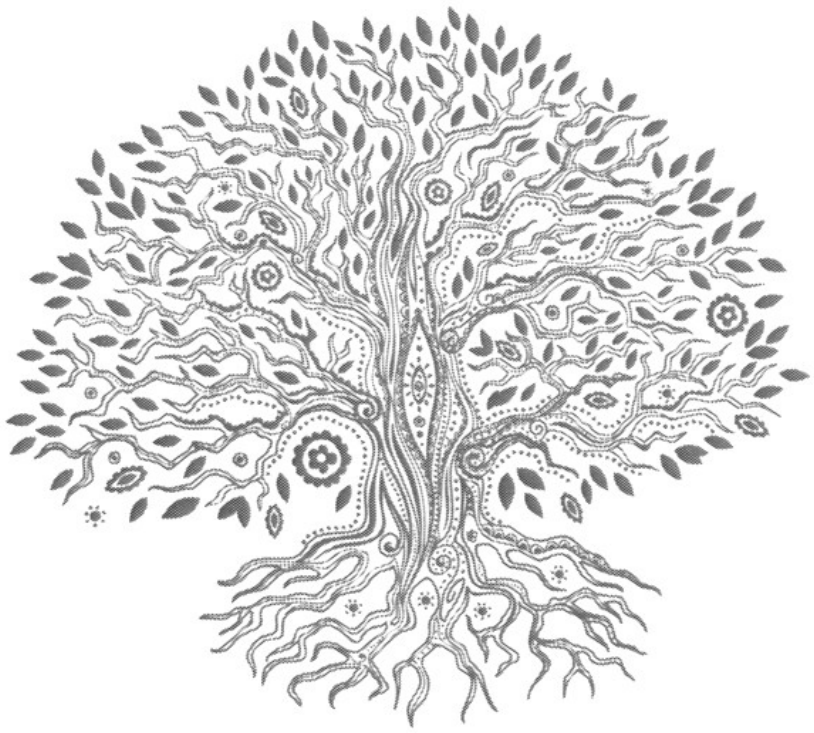
Bladder	Emotional stress	Intestines	Kidneys
GREATER CELANDINE			
Blood, cleanser	Herpes	Leukaemia	
Cataracts	Jaundice	Liver	
Gall bladder	Kidneys	Skin	
HORSETAIL			
Adenoids	Dandruff	Kidneys, stones	
Amnesia	Depression	Liver	
Arteries	Edema	Nervous complaints	
Bedwetting	Festering sores	Rheumatism	
Bladder	Gall bladder	Tonsillitis	
Bleeding, lungs, nose, stomach, uterus	Gout	Tuberculosis	
	Haemorrhaging	White discharge (*uterus*)	
Blood, staunching, vomiting	Hemorrhoids		
Bronchitis	Herpes		
INDIAN CORN			
Bedwetting	Edema	Kidneys, stones	
Cysts	Gout	Nephritis	
Diuretic	Heart, fluid around	Rheumatism	
LADY'S MANTLE			
Diabetes	Hernias	Stings	
Digestion	Insomnia	Ulcers, internal	
Epilepsy	Menopause disorders	White discharge (*uterus*)	
Fever	Menstrual disorders	Wounds	
MALLOW			
Bladder	Gastritis	Swollen feet	
Bronchitis	Intestines	Tonsillitis	
Coughs	Laryngitis	Ulcers, stomach,	

		surface
Dry mouth	Lungs	Wounds
Emphysema	Mucous membranes	
MISTLETOE		
Arteries	Blood staunching	Heart, weak
Barrenness	Cramps	Hormonal imbalance
Bleeding intestines	Digestion	Hot flushes
Bleeding lungs	Dizziness	Menopause disorders
Blood circulation	Dysentery	Menstrual disorders
Blood pressure (*high*/*low*)	Glands	Pancreas
PLANTAIN		
Asthma	Glands	Thrombosis
Bites	Goitre	Tuberculosis
Blisters	Herpes	Weak children
Blood cleanser	Kidneys	Whooping cough
Bronchitis	Lungs, phlegm	
Eczema	Stings	
RAMSONS		
Amnesia	Diarrhoea	Insomnia
Anxiety	Dizziness	Rheumatism
Arteries	Edema	Skin
Blood, cleanser, pressure (*high*)	Flatulence	Worms
	Heart, weak	
Detoxifier	Herpes	
SAGE		
Appetite	Gums, bleeding	Nervous complaints
Blood cleanser	Intestines	Spinal chord
Cramps	Liver	Strokes
Flatulence	Lungs, phlegm	Trembling

Glands	Mouthwash	
SHEPHERD'S PURSE		
Anus muscle, weak	Hemorrhoids	Prolapse, of uterus, of rectum
Bleeding, nose, stomach, uterus	Hernia	
	Kidneys	Swollen breasts
Blood pressure (*high*/*low*)	Menopause disorders	
Excessive menstruation	Muscular atrophy	
SPEEDWELL		
Arteries	Dizziness	Nervous complaints
Blood cleanser	Eczema	Rheumatism
Bladder	Gout	Senile pruritus
Bronchitis	Intestines	Skin
Cholesterol	Jaundice	Spleen
Depression	Liver	Wounds, inflamed
Digestion	Mental exhaustion	
STINGING NETTLE		
Anaemia	Hair	Rheumatism
Blood, cleanser, circulation, sugar (*lowering*)	Headaches	Sciatica
	Insecticide for plants	Spleen
Chlorosis	Leukaemia	Stomach
Eczema	Lumbago	Tumours
Edema	Lungs	Ulcers, intestines
Gall bladder	Neuritis	Urinary tract, inflammation
Gout	Physical exhaustion	Urination problems
ST. JOHN'S WORT		
Bedwetting	Lumbago	Rheumatism
Depression	Menstruation problems	Sciatica

Glands	Nervous complaints	Speech disorders
Injured nerves	Neuritis	Stomach aches
Insomnia	Neurosis	Wounds
WILD THYME		
Alcoholism	Lungs	Sclerosis
Bronchitis	Multiple sclerosis	Stomach cramps
Depression	Muscular atrophy	Stroke
Emphysema	Nervous complaints	Swelling
Epilepsy	Neuralgia	Typhoid fever
Menstruation problems	Paralysis	Urination problems
Leprosy	Rheumatism	
WALNUT		
Acne	Festering nails	Mouth, inflammation
Appetite	Glands	Rickets
Blood cleanser	Gums	Scurf
Chilblains	Hair	Throat
Constipation	Intestines	White discharge (*uterus*)
Diabetes	Jaundice	
Eczema	Liver	
WILLOW-HERB		
Bladder	Kidneys	Prostate gland, cancer, inflammation
WOOD SORREL		
Eczema	Nephritis	Ulcers, internal
Heartburn	Parkinson’s disease	Worms
Jaundice	Stomach problems	
YARROW		
Appetite	Heart pain	Migraine
Bedwetting	Indigestion	Nausea

Bleeding, lungs, nose, stomach	Intestines	Neuritis
	Kidneys	Ovaries
Bone marrow	Laxative	Rheumatism
Dizziness	Liver	Stomach, cancer, cramps
Flatulence	Lung cancer	Vagina, itching
Hemorrhoids	Menopause disorders	White discharge (*uterus*)
Heartburn	Menstrual problems	
YELLOW DEAD NETTLE		
Bladder	Kidneys	Ulcers, surface
Digestion	Menstrual problems	Urine, burning
Glands	Nephritis	Varicose veins
Heart, fluid around	Skin	
Insomnia	Stomach problems	



Chapter Sixteen

Botanical Names & Herbs

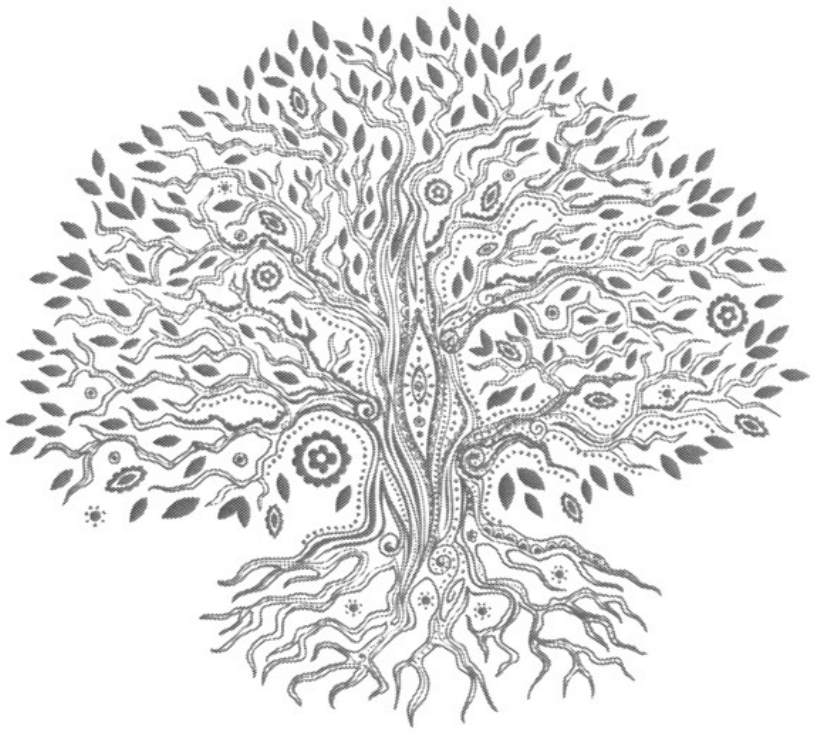
A	
Agrimony	*(Agrimonia eupatoria)*
Aloe	*(Aloe vera)*
Angelica	*(Angelica archangelica)*
Arnica	*(Arnica montana)*
Astragalus	*(Astragalus propinquus)*
Avens	*(Geum alpina)*
B	
Balm Mint	*(Melissa Officinalis)*
Bearberry	*(Arctostaphylos uva-ursi)*
Bedstraw	*(Galium verum)*
Bilberry	*(Vaccinium myrtillus)*
Birch	*(Betula)*
Blackberry leaves (*picked before fruit ripens*)	*(Rubus fructicosus)*
Bladder Wrack	*(Fucus vesiculosus)*
Blueberry leaves (*picked before fruit ripens*)	*(Vaccinium spp.)*
Bulbinella	*(Bulbine frutescens)*
Burdock	*(Arctium lappa)*
Butterbur	*(Petasites oficinalis)*
C	
Calamus	*(Acorus calamus)*
Calendula	*(Calendula officinalis)*
Camomile	*(Matricaria chamomilla)*
Camphor	*(Cinnamomum camphora)*
Carline Thistle	*(Carlina acaulis)*

Chicory	*(Cichorium intybus)*
Club Moss	*(Huperzia serrata)*
Coltsfoot	*(Tussilago farfara)*
Comfrey	*(Symphytum officinale)*
Couch Grass	*(Agropyron repens)*
Cowslip	*(Primula officinalis)*
Crane’s Bill	*(Geranium maculatum)*
D	
Dandelion	*(Taraxacum officinale)*
Dittany	*(Origanum dictamnus)*
Dried green bean pods	*(Phaseolus vulgaris L.)*
E	
Echinacea	*(Echinacea purpurea)*
Elder	*(Sambucus nigra)*
F	
Fenugreek	*(Trigonella foenum-graecum)*
Frangula Bark	*(Frangula alnus)*
Fumitory	*(Fumaria officinalis)*
G	
Gentian	*(Gentiana lutea)*
Goat’s Beard	*(Tragopogon pratensis)*
Golden Fingergrass	*(Potentilla aurea/reptens)*
Golden Rod	*(Solidago virga-aurea)*
Gotu Kola	*(Centella asiatica)*
Greater Celandine	*(Chelidonium majus)*
H	
Hawthorn	*(Crataegus)*
Hemp Nettle	*(Galeopsis tetrahit)*
Hops	*(Humutus lupulus)*
Horsetail	*(Equisetum arvense)*

I	
Irish Moss	*(Chondrus crispus)*
Ivy	*(Hedera helix)*
K	
Knotgrass	*(Polygonum aviculare)*
L	
Lady’s Mantle	*(Alchemilla vulgaris)*
Lady’s Mantle	*(Alchemilla alpine) {for Obesity}*
Larch	*(Larix sibirica)*
Lavender	*(Lavandula angustifolia)*
Lesser Burnet	*(Pimpinella saxifraga)*
Licorice	*(Glycyrrhiza glabra)*
M	
Mace	*(Myristica fragrans)*
Mallow	*(Malva vulgaris)*
Manna	*(Fraxinus ornus)*
Mistletoe	*(Viscum album)*
Motherwort	*(Leonurus cardiaca)*
Mullein	*(Verbascum Thapsus)*
Myrrh	*(Commiphora abyssinica)*
N	
Nutmeg	*(Myristica fragrans)*
O	
Oak Bark	*(Quercus alba)*
P	
Parsley	*(Petroselinum crispum)*
Peppermint	*(Mentha balsamea)*
Plantain	*(Piantago lanceolata)*
R	
Ramsons	*(Allium ursinum)*

Rest Harrow	*(Ononis spinosa)*
Rhubarb	*(Rheum rhabarbarum)*
Rosemary	*(Rosmarinus officinalis)*
Rue	*(Ruta graveolens)*
S	
Saffron	*(Crocus sativus)*
Sage	*(Salvia officinalis)*
Senna	*(Cassia acutifolia)*
Shepherd’s Purse	*(Capsella bursa-pstoris)*
Siberian Ginseng	*(Eleutherococcus senticosus)*
Silverweed	*(Potentilla anserine)*
Speedwell	*(Veronica officinalis)*
Stinging Nettle	*(Urtica dioica)*
St. John’s Wort	*(Hypericum perfortum)*
Sweet Violet	*(Viola odorata)*
T	
Theriac Venezian	*(Pimpinella saxifraga)*
Tormentil	*(Potentilla erecta)*
V	
Valerian	*(Valeriana officinalis)*
W	
Walnut	*(Juglans regia)*
Wild Thyme	*(Thymus serpyllum)*
Willow Bark	*(Salix alba)*
Willow-herb	*(Epilobium)*
Woodruff	*(Asperula odorata)*
Wood Sorrel	*(Oxalis acetosella)*
Wormwood	*(Artemisia absinthium)*
Y	
Yarrow	*(Achillea millefolium)*

Yellow Dead Nettle	*(Lamium galeobdolon)*
Yerba Mate	*(Ilex paraguariensis)*
Z	
Zedoary	*(Curcuma zedoaria roscoe)*



Chapter Seventeen

Deep Relaxation Exercise

The following exercise is essential to good health. It is used primarily for the cure of rheumatism, arthritis, nervous complaints, stress & insomnia. However, everyone, young and old will benefit greatly from doing this exercise and mastering deep relaxation for the release of daily stress.

Step 1

Do this exercise in your bedroom, lying down on your bed. Dress in something that is comfortable and just warm enough. Tight clothing, shoes and jewellery have the habit of cutting off the blood supply to some part of the anatomy after a while. If you are practising relaxation during the day, draw the curtains so that the light in the room is subdued. If you are practising at night, make sure that there are no overhead lights causing a glare, but also do not turn out all the lights. Having something like a bedside lamp placed outside of your peripheral vision is the best solution.

Lie down on the bed, flat on your back, using either a light pillow or no pillow at all. Rest your arms on the bed at your sides; the hands a small distance away from the body and with palms up; that is, facing the ceiling. Your legs too should be slightly parted, so that your feet do not touch each other. Close your eyes lightly, sigh deeply, cough if you feel the need to do so, and then concentrate upon relaxing. You are now going to learn deep relaxation.

In learning deep relaxation it is first important to learn muscular isolation, and although for most people this is a very difficult thing to do, it is nevertheless essential for learning to relax.

Starting with the toes of both feet, tense them by crunching them up tightly for a few seconds. Now release the tension abruptly and completely. In tensing and releasing it is not the duration of tension that is important, but the degree of tension achieved. Never tense for so long that the muscles begin to cramp, because if they do you will have a terrible time and achieve nothing. Tense as hard as you can for only a few seconds, and then release as abruptly and as completely as you can.

When you tense the toes, concentrate on not tensing any other part of the feet or body simultaneously. Complete muscular isolation is in fact impossible, for the simple reason that all muscles are interactive; but it is still possible to concentrate tension in any one given area. Therefore you should not have to tense up the face, or even the legs for that matter, when you try to tense the toes.

Once you have tensed and released the toes, tense the insteps and calf muscles, by forcing the relaxed toes down towards the bed. When doing this you should not again tense up the toes. Hold the tension for a few seconds, and then release abruptly. Now repeat this process with the thighs and knees. Pushing the knees down against the bed, get the feeling of

pulling them down towards the bottom of the bed, taking care not to tense the calves and feet.

Now tense up the buttocks by squeezing and pinching them together, hold, and release. Next, tense up the lower abdomen by getting the feeling of bringing the hip bones down and together, so as to contract what may be called the ‘bikini’ muscles. Now do the upper abdomen and chest, by forcing the ribs together and downwards. Then force the shoulders down towards the bottom of the bed. Finally, tense the back by getting the feeling that you are arching backwards in an attempt to make your shoulders touch your buttocks, but without literally arching your back.

Having done the body and the legs, you repeat the process with the arms and hands. It is by no means easy to achieve the necessary muscular isolation in this part of the body, and it is therefore best to practise the muscular isolation of the arms separately, whenever you have the chance to do so, otherwise you will spend a great deal of time and frustration in trying to isolate the sections of the arms during the exercise. When doing this, first tense up and release the upper arms, then the forearms, and finally the hands, by crunching them up into tight fists, before releasing.

Next, tense up the neck muscles by simply pushing the neck backwards into the bed. Then, tense up the face muscles by screwing up the whole face into a tight ball, tensing also the eyes, the lips, and the mouth by biting on the teeth and forcing the tongue against the back of the teeth. Finally tense the muscles of the scalp by frowning upwards without opening the eyes.

Now lie still and make sure that the teeth are slightly apart and the tongue and eyelids are fully relaxed. Mentally check every part of your body to ensure that no tension remains anywhere. If you do detect tension somewhere, then tense and release that part of the body again, but take care not to tense up another part of the body in the process. This is where the muscular isolation becomes so necessary.

The sign that your body is fully relaxed is the feeling of being extremely heavy - as if you are sinking right into and through the bed. If you try to move your fingers, the movement should feel slow, sluggish, and heavy, like trying to move your fingers through thick treacle. In practice you may find that you will have to repeat the tensing and relaxing two or three times more, before you are fully relaxed, but the rewards are well worth the effort.

Step 2

Having relaxed deeply and completely, keep your eyes closed, and do the following breathing technique, which is termed the 2/4 breathing sequence. This breathing technique, unlike many others, is in itself perfectly harmless and safe, but nevertheless please adhere to the instructions as given.

Keeping the teeth slightly apart and the tongue fully relaxed, breathe in to a count of four (4), hold for a count of two (2), breathe out to a count of

four (4), and hold for a count of two (2). This is one cycle; now repeat the cycle ten to twelve times, but no more, otherwise you will begin to hyperventilate. All breathing should be done only through the nose. The speed of the counting should be neither too fast nor too slow. Ideally the speed should be worked out in relation to one's own heart pulse, taking two beats to one count. Ascertain this speed beforehand by feeling your pulse, and counting each beat as 'one and two and three and four and', giving a total of eight beats to four counts. The idea here is to fill the lungs totally on the in-breath, and to empty them completely on the out-breath. When doing the counting, count mentally, without moving the tongue or jaws.

Take care that you do not tense up the body during the breathing, which should be relaxed and easy, but nevertheless quite vigorous. Do not worry about making a noise. You should be able to hear your breathing quite loudly and clearly. When you hold your breath after the intake you must not close off your throat by blocking the air with your throat or tongue. Simply suspend the breathing with the feeling of hovering in mid-air. Any blocking will only cause tension. Likewise, after exhaling, just leave the lungs deflated under the force of gravity; do not block or hold anything.

After you have finished between ten or twelve cycles, breathe in to the count of four (4), hold for two (2), and then exhale in one rapid expulsion through the open mouth, allowing all air to escape before the lips slowly close, seemingly of their own accord. Resume normal breathing naturally when the body urges you to do so. This final breath of 'in through the nose and out through the mouth' should be in the nature of a huge sigh, and is termed a cleansing breath.

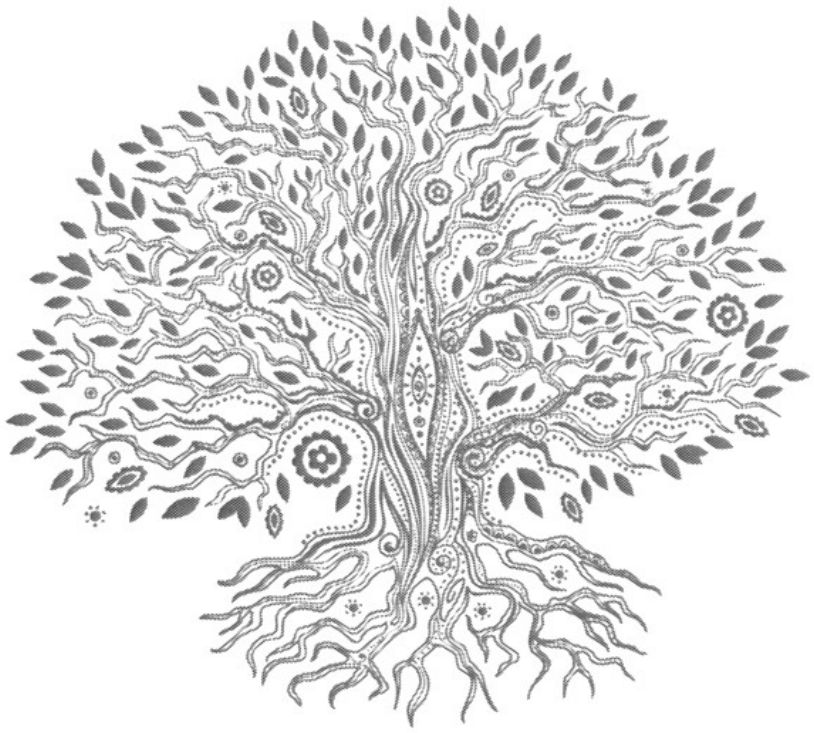
Now simply lie still for a few minutes longer without falling asleep, and enjoy the utterly relaxed state of mind and body. Never forget to do the cleansing breath, for any deep sigh is a signal to the subconscious mind that you wish to change something. This is extremely important, because the subconscious mind is very much like an automatic pilot. It is the subconscious mind that is responsible for both breathing and the heart beat, amongst many other functions. We do not consciously have to think about making our heart beat or about breathing, but we can at any stage we wish, take over from the automatic pilot. However, if we do so, we must also make it clear when we wish automatic handling to be resumed. Many a careless person has found him or herself in a very tight spot after going to sleep whilst doing the breathing sequence. If, after having fallen asleep, the subconscious mind does not resume normal breathing - and this can and does happen - the result is severe hyperventilation, causing extreme nausea, a violent headache, and a totally erratic heart beat, which invariably brings about terror and panic.

Steps 1 and 2 should be done every day, for it is during this process that the subconscious mind is being trained to associate the 2/4 breathing sequence with deep relaxation. Once the subconscious mind recognises the process, you only have to initiate the 2/4 breathing and the subconscious mind will send the body into a state of complete relaxation - something that is most useful for getting rid of unwanted nervousness or tension. Refined to the ultimate, it is enough simply to do the cleansing breath in order to go straight into deep relaxation. This can then be done anywhere and at any time.

Depending upon the individual, it can take anything from four to six weeks of daily practice before the subconscious mind has established the conditioned reflex. If you are prone to a great deal of tension, it can take up to three months before the reflex has been set; but even if this should be the case, just keep on persevering, for persistence eventually overcomes all obstacles. However, realise that if at any time before the conditioned reflex has been established you miss a day, you will put your progress back by at least a week, and sometimes even by as much as two weeks.

After about four weeks you can begin testing to see if you have already acquired the conditioned reflex, by doing the following test. Simply lie down on the bed, close your eyes, take a deep sigh, and then without going through the process of tensing and releasing, do three to four cycles of the breathing sequence, followed by the cleansing breath. Now give the subconscious mind one or two minutes to register the command. If you find that you quite happily slip into deep relaxation, you have acquired the conditioned reflex. If nothing happens, then continue with the tensing and relaxing for another week or so, and now test again. Keep this process up until the conditioned reflex has been cultivated.

Once the conditioned reflex has been set, you can use this exercise to release tension and stress whenever it arises. To start with do it only at home, where you can lie down on your bed. When you have relaxed, stay in that state until you feel that all the stress has been released. This can take anything from one or two minutes to ten or twelve minutes, depending upon the level of stress. After you have perfected this much of the technique you can start doing it anywhere, at any time of the day, even whilst driving your car, as long as you do NOT close your eyes whilst driving!



Chapter Eighteen

Perfumes & Aftershaves

In the following chapters we will be using essential oils, which are extracted differently to the normal oils. Since this extraction method is generally too complicated for the average home apothecary it is recommended that these oils be purchased from a health store or from a herbalist.

Perfume making is as old as civilisation itself. It has been around for thousands of years, and yet to this day there is still a huge mystique surrounding the making of perfume. This is mainly due to the fact that the vast majority of people are ignorant as to the true nature of plants, and how to extract their essential oils. This ignorance has, of course, led some clever people into ways of making vast fortunes, and nowhere is this seen more clearly than when it comes to medications and perfumes. So in this chapter I am going to lift the veil of mystery surrounding perfume, as I did with medications and natural nutrition.

However, since the art of perfumery is a vast subject, I am simply going to point you in the right direction and then let you go on your unique and exciting journey of making your own perfumes, aftershaves and deodorants. I say exciting, because perfumery is truly a most exhilarating and rewarding occupation! And what is more, it is not difficult to learn. All that is required is a little patience and a good deal of trial and error.

General Notes

1. Use your home apothecary for making perfumes, aftershaves and deodorants.
2. Most perfumes are a mixture of **alcohol**, **essential oils** and **distilled water**.

The basic formula for perfume and cologne is:		
40% essential oil	55% vodka	5% distilled water

All recipes given in this book for perfumes and colognes are made with this mixture.

3. Do not use fragrance oils, for the quality is too poor.

4. Do not use tap water.
5. Always stir the oils into the alcohol, **one drop** at a time. Stir slowly and long enough so as to mix thoroughly.
6. Allow the blend to rest undisturbed for **48 hours**. Then add the distilled water, again stirring slowly until completely mixed.
7. Perfume needs to stand and mature before it reaches perfection. Therefore leave your perfume to rest for **6 weeks** in a cool dark place.
8. Make notes of everything you do, including the exact quantities used. If you don't, you may hit upon a wonderful perfume, only to find that you cannot reproduce it, because you have forgotten how you arrived at it.

Standard Measures	
20 drops = 1 ml	300 drops = 1 5 ml (1 /2 oz)
100 drops = 5 ml	600 drops = 30 ml (1 oz)

Making Fragrances

1. The great secret to making perfumes lies in how you mix the essential oils. To get a good and long-lasting fragrance you need to know about what are termed **high**, **middle** and **low** notes and how these complement each other.
2. The note of a specific oil's scent is based on the oil's **volatility**; that is, how quickly it evaporates. Obviously no two oils are the same, and therefore in setting up a table of notes we need to measure the note of an oil **relative** to other oils. For your convenience I am going to give you a table of notes, but when learning to make your own fragrances you still need to figure out the particular note of a fragrance, relative to the others you are thinking of using together with it.
    a. A good way to learn the notes of oils is to use some strips of blotting paper, onto which you put 1 drop of an oil. Do this with all the oils you are thinking of combining.
    b. Now on a small piece of glass mix together 1 drop of each of the oils you wish to combine, and then soak this up with yet another strip of blotting paper.
    c. Wait for **4 hours** and then smell your fragrances. Make notes of which individual oils are evaporating more quickly than others. Then smell your samples again after **24 hours**, and then again after **48 hours**. Once you understand this much about your oils proceed to the next instruction.
3. The **top** note is the **predominant** scent we would like to have. We use **middle** notes to **prolong** the scent of the **top** note, and we use **base** notes to **anchor** it. Therefore to make a good perfume we start off by choosing the top note, and into this we blend a small amount of a compatible middle note, and then anchor this with 1 or even 2 drops of a compatible base note.
    a. As a rule of thumb, use **3 drops** of a **top** note, **2 drops** of a **middle** note, and **1 drop** of a base note to start with. From there you can start experimenting as much as you wish.
4. GOLDEN RULE: It is traditional to divide fragrances into masculine and feminine scents, and although this concept does carry some weight, it is nonetheless one of the myths concerning perfumery that I would like to dispel. The reason for this is that any single fragrance smells different on every person who tries it. This is because we are all unique individuals, irrespective of our gender, and so too are our skins. Therefore what smells great on one person can smell not so great on another person, and the same applies across genders.

If we go beyond the face value of gender, we soon enough discover that what makes a fragrance smell really great on the person who is wearing it, irrespective of gender, is that the fragrance complements that person's personality. So although I am going to give you a guide, as in

where to start, by giving you basic recipes for both men and women, do not be fooled into thinking that some scents are purely masculine or purely feminine, for this is simply not true.

So the golden rule when making perfume, especially when you are mixing for a specific person, is to find a combination of fragrances that complements that person’s personality, male or female. To help you with this I am also going to give you the four types of men and women and their key characteristics. You will be interested to find out that the four types of men and women correspond to the four directions.

The Four Types of Men & Women

EAST	
Feminine	Light & breezy. Cheerful & gay. The early spring morning.
Masculine	Light-hearted but firm. Sobriety & laughter. The early spring morning.
NORTH	
Feminine	Strong & purposeful. Happy but volatile. The hot midday sun.
Masculine	Earthy & practical. Strong & passionate. The hot midday sun.
WEST	
Feminine	Secretive & elusive. Moody & forthright. The autumn evening.
Masculine	Broody & mysterious. Understatement & surprise. The autumn evening.
SOUTH	
Feminine	Warm & nurturing. Gentle but strong. Warm & fragrant summer nights.
Masculine	Gentle but warm. Passionate & bold. Warm & fragrant summer nights.

Table of Fragrance Notes

NOTE WELL: This table is a table of **RELATIVITY** only. What is meant by this is that you start off by choosing your top note or notes, and then work down the table from where you started, in order to find the corresponding middle and base notes. For example, let us say you choose a top note from the table of top notes. Then the corresponding middle note would be either from the table giving the top to middle notes, or from the table giving the middle notes. Likewise the base note would be either from the table giving the middle notes or from the table giving the base to middle notes.

If on the other hand, you start with a top note from the table giving the middle notes, then the corresponding middle note would come from the table giving the base to middle notes, and the base note will come from the table giving the base notes. I think by now you have got the idea.

Top Notes		
Angelica	Estragon	Niaouli
Anise	Eucalyptus	Neroli
Armoise	Galbanum	Orange
Artemisia	Grapefruit	Orange Blossom
Basil	Juniper	Peppermint
Bergamot	Lavender	Pettigraine
Cajeput	Lemon	Ravensara
Cardamom	Lemon Orange	Rose Otto
Cedar leaf	Lime	Sage
Chamomile	Linden Blossom	Spearmint
Cinnamon	Litsea Cubeba	Tagetes
Coriander	Lotus (Blue)	Tangerine
Cumin	Mandarin	Verbena
Davana	Marigold	Violet Odorata

Middle to Top Note		
Angelica	Hyssop	Palma Rosa

Basil	Lavender Lemongrass	Peony
Bay	Linden	Pepper (black)
Bergamot	Marjoram	Pimento berry
Caraway	Melissa	Rosemary Rosewood
Cassis	Mimosa	St. John's Wort
Clary-sage	Neroli	Tarragon
Coriander	Nutmeg	Tea tree
Fennel	Oregano	Thyme
Hyacinth	Orange blossom	

Middle Note		
Angelica	Ho Wood	Palma Rosa
Anise	Hyacinth	Pepper (black)
Artemisia	Hyssop	Peppermint
Balm	Jasmine	Pettigraine
Basil	Jonquil	Pahna rosa
Bay	Juniper	Pimento berry
Caraway	Lavender	Pine
Cardamom	Lemongrass	Pine needle
Carnation	Linden	Rose
Cassia	Litsea Cubeba	Rosa Alba
Cassie	Lotus (Blue)	Rosa Centifolia
Carrot	Mandarin	Rosemary
Chamomile	Marjoram	Rosewood
Clary-sage	Mimosa	Sage
Clove	Myrtle	Spikenard
Coriander	Narcissus	Tarragon
Cumin	Neroli	Tobacco leaf
Cypress	Nutmeg	Thyme
Fennel	Orchid	Tuberose

Galbanum	Oregano	Violet
Geranium	Oriental rose	Yarrow
Ginger	Orris root	Ylang-ylang
Ho Leaf	Osmanthus	

Base to Middle Note		
Bay	Myrrh	Sandalwood
Cedarwood	Orange Blossom	Styrax
Cinnamon	Patchouli	Vetiver
Frankincense	Pimento berry	Ylang-ylang

Base Note		
Balsam	Ginger	Olibanum
Bay	Macrorrhizum	Opoponax
Benzoin	Guaiac wood	Patchouli
Beeswax	Heliotrope	Sandalwood
Cassia	Jasmine	Styrax
Cedarwood	Labdanum	Rose
Cinnamon	Moss	Tonkabean
Clove	Myrrh	Valerian
Frankincense	Neroli	Vanilla
Geranium	Oakmoss	Vetiver

Recipes – Perfume (Women)

“**Serenity**”			
Suitable for the female East			
Carnation	12 drops	Lavender	6 drops
Juniper Oil	9 drops	Jasmine	6 drops
Ylang-ylang	9 drops		

“**Shades of Mystery**”			
Suitable for the female North			
Clary Sage	10 drops	Frankincense	4 drops
Sandalwood	4 drops	Nutmeg	2 drops
Jasmine	4 drops	Litsea Cubeba	1 drop

“**Arabian Sunset**”			
Suitable for the female West			
Ylang-ylang	15 drops	Lavender	10 drops
Patchouli	10 drops	Jasmine	5 drops

“**Whispering Nights**”			
Suitable for the female South			
Oriental rose	10 drops	Patchouli	1 drop
Palmarosa	7 drops	Labdanum	1 drop
Geranium	5 drops	Frankincense	1 drop
Ylang-ylang	5 drops		

Recipes – Cologne (Men)

“**Spring Showers**”			
Suitable for the male East			
Bergamot	15 drops	Frankincense	10 drops
Cedarwood	15 drops	Orange Blossom	5 drops

“**Smouldering Sun**”			
Suitable for the male North			
Bergamot	15 drops	Sandalwood	6 drops
Lemon	10 drops	Cedarwood	4 drops
Neroli	8 drops	Musk	4 drops

“**Shades of Night**”			
Suitable for the male West			
Peony	15 drops	Lime	4 drops
Sandalwood	6 drops	Lavender	3 drops
Lemon	5 drops	Musk	2 drops

“**Passion Nectar**”			
Suitable for the male South			
Bergamot	15 drops	Vanilla	4 drops
Sandalwood	6 drops	Tobacco leaf	3 drops
Cedarwood	5 drops	Frankincense	3 drops
Patchouli	4 drops	Musk	4 drops

AFTERSHAVE			
For Basic Everyday Use			
Cypress	10 drops	St. John’s Wort	5 drops
Rosemary	10 drops	Cinnamon	3 drops
Orange Blossom	8 drops	Frankincense	3 drops
Witch Hazel water	50 ml	Vodka	40 ml
Apple Cider vinegar	60 ml	Distilled water	100 ml

Method:

1. Stir the oils into the alcohol and vinegar, one drop at a time. Stir slowly and long enough so as to mix thoroughly.
2. Allow the blend to rest undisturbed for **48 hours**. Then add the Witch Hazel and distilled water, again stirring slowly until completely mixed.
3. Allow to stand and mature for **3 weeks** in a cool dark place.

Body Mist

Perfume and cologne are best used in the evenings, for they can, depending upon the blend, be a little too ostentatious for use during the day. So try a body mist for use during the day, reserving your perfume and cologne for evening use.

Body Mists are basically just diluted perfumes or colognes that are sprayed liberally onto the face, neck, shoulders, chest and arms. They are also traditionally not as complex as perfumes and colognes, and are therefore exceedingly refreshing to use after swimming or any other exercise.

When making body mists, use the following method:

1. Stir the oils into the alcohol, **one drop** at a time. Stir slowly and long enough so as to mix thoroughly.
2. Allow the blend to rest undisturbed for **48 hours**. Then add the distilled water, again stirring slowly until completely mixed.
3. Allow to stand and mature for **3 weeks** in a cool dark place.

For body mists you will need a spray bottle, preferably a fine mist spray.

Recipes – Body Mist (Women)

“**Morning Mist**”			
Suitable for the female East			
Valerian	15 drops	Lavender	9 drops
Chamomile	15 drops		
Distilled water	250 ml	Vodka	40 ml

“**Summer Orchard**”			
Suitable for the female North			
Grapefruit	12 drops	Spearmint	6 drops
Rosemary	9 drops	Frankincense	3 drops
Distilled water	250 ml	Vodka	40 ml

“**Evening Showers**”			
Suitable for the female West			
Bergamot	15 drops	Sandalwood	9 drops
Cassis	15 drops		
Distilled water	250 ml	Vodka	40 ml

“**Dusk Moon**”			
Suitable for the female South			
Orange Blossom	12 drops	Juniper	9 drops
Coriander	9 drops	Frankincense	3 drops
Distilled water	250 ml	Vodka	40 ml

Recipes – Body Mist (Men)

“**Sunrise Mist**”			
Suitable for the male East			
Peony	10 drops	Geranium	3 drops
Sandalwood	10 drops	Rose	2 drops
Distilled water	250 ml	Vodka	40 ml

“**Siesta**”			
Suitable for the male North			
Neroli	15 drops	Rosewood	5 drops
Linden	15 drops	Basil	3 drops
Distilled water	250 ml	Vodka	40 ml

“**Eventide**”			
Suitable for the male West			
Neroli	15 drops	Ylang-ylang	5 drops
Passion Flower	15 drops	Rosemary	3 drops
Distilled water	250 ml	Vodka	40 ml

“**Sultry Skies**”			
Suitable for the male South			
Geranium	12 drops	Patchouli	4 drops
Ylang-ylang	8 drops	Bergamot	3 drops
Jasmine	8 drops	Neroli	2 drops

Distilled water	250 ml	Vodka	40 ml

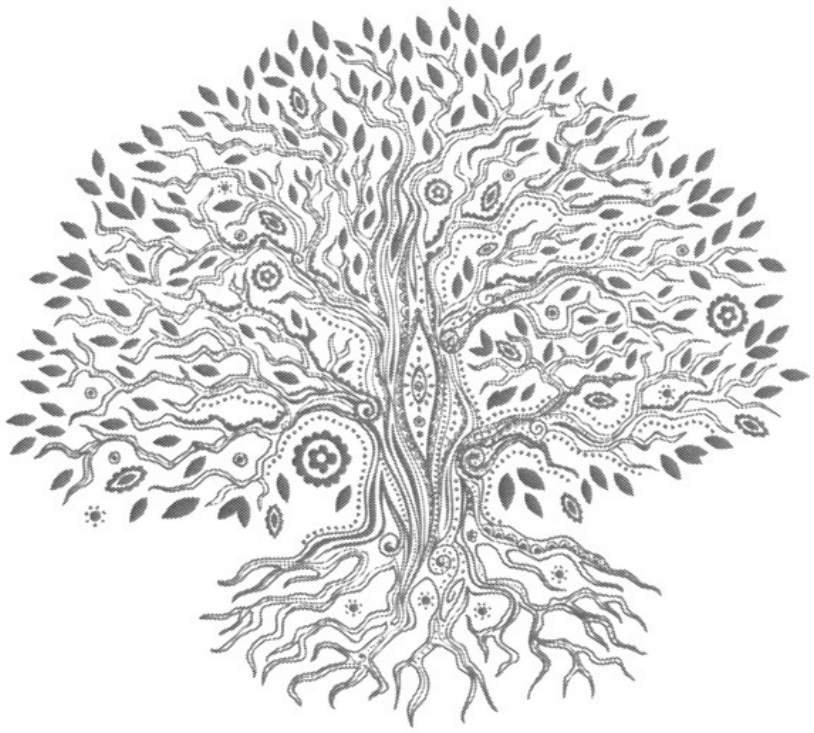
Deodorants

The best deodorants are the solid types, allowing you to rub a little into the armpits. To make these follow the instructions given below. Needless to say, you can use any essential oils of your choice.

Lemon	10 drops	Orange Blossom	6 drops
Beeswax	15 ml	Jojoba oil	15 ml

Method:

1. Mix the oil and beeswax together in a small glass bowl standing in hot water, until the beeswax has melted.
2. Once well mixed, remove from the heat and allow to start cooling.
3. As soon as the mixture starts to thicken, add the essential oils and mix well. Immediately pour into a glass container with a lid and allow to set fully before closing with the lid.



Chapter Nineteen

Your Own Home Products

Tooth Powder

You will need to purchase from a health store the Himalayan salt, which comes

in coarse crystals, and grind it yourself in a coffee grinder.

Finely ground Himalayan Salt	15 ml	Clove Bud oil	4 drops
Bicarbonate of Soda	15 ml	Cinnamon Bark oil	6 drops
White Oak powder	5 ml	Spearmint or Peppermint oil	20 drops
Tea Tree oil	24 drops	Lemon oil	20 drops

Preparation:

1. In a small mixing bowl mix the **dry ingredients** together thoroughly.
2. Now add the **essential oils** and again mix thoroughly.
3. Place into a small airtight glass container and seal well.
4. When not in use keep sealed, otherwise the oils will evaporate and the bicarbonate of soda will go flat.
5. Remember this is a **powder** and not a paste, so you must **not** wet it when using it. Wet your **toothbrush** and then **shake off** excess water before dipping it **lightly** into the tooth powder.
6. It is best to brush a quarter of your teeth at a time, (i.e. top left, top right, bottom left and then bottom right), emptying your mouth out when the saliva becomes too much, and then re-dipping your toothbrush in the powder before going on with brushing.
7. The tooth powder will cause excessive salivating, but the results are well worth it!

Soaps for the Home

There is a surprising amount of ignorance surrounding the preparation of lye, which is one of the main components in making soap. Yet there is nothing mysterious or mystical about lye! In the olden days people used to make lye by leeching wood ash, and it is every bit as mundane as that! But let us become familiar with lye, for even though there is nothing very mysterious about it, lye nevertheless requires knowledge and a great deal of care in its use, if you are not going to do yourself serious damage through your attempts at making soap.

Liquid Lye

Lye is often bought as liquid lye. If you buy liquid lye make sure that you know what the ratio of lye to water is. It should be stated clearly on the container - for example, a 50% lye solution indicates that it is 50% water and 50% lye - **by weight**.

Using a 50% lye solution (*If your solution is different, you'll need to adjust*)

To adjust for YOUR recipe, you'll need to start with the amount of lye called for in your recipe and figure out how much solution that will take. In a 50% solution, it's easy to figure out - just double the weight of the lye and that will give you how much solution you need. **Make sure** you are weighing the solution, and are not using a liquid measure!

EXAMPLE: If your recipe calls for **140 g** of lye and **280 g** of water, you would measure out **280 g** of a 50:50 solution. (**280 g** of 50:50 solution would consist of **140 g** of lye and **140 g** of water.)

Once you've got the lye properly measured, you need to bring the amount of water up to the total called for in your recipe. With our **140/280 g** example, you just add an extra **140 g** of water to the 50:50 solution. So, instead of **140 g** of lye and **280 g** of water using dry lye, you would have **280 g** of 50:50 solution and **140 g** of water.

NOTE WELL: **NEVER** work with lye unless you are wearing protective rubber gloves and goggles to protect your eyes from the fumes! It is also a good idea to wear an apron, because if you splash lye onto your clothing it will not only bleach the clothing, but it will also burn a hole in the fabric! **Do NOT** heat the lye liquid! Use hot, NOT boiling water, as your "added water" to help bring the temperature up a bit. As long as your solution is somewhere between 27-37° C, you will be fine.

Superfatting

You also need to know about what is known as **superfatting**, sometimes referred to as a **lye discount**.

Superfatting means either adding an extra amount of oil into your soap recipe but keeping the lye amount the same, or using the same amount of oil and less lye.

A very good superfatting method in our example above would be to use **265 g** of lye instead of **280 g**, which is equal to 5% superfatting. In other words, you will have 5% extra oil in your soap.

5% superfatting is what is preferred in most soap making.

Making Lye From Dry Lye

1. Weigh the Water.
2. Weigh the Lye.
3. **Slowly** add the lye to the pitcher of water. Be careful not to splash. ALWAYS add the lye to the water, not the other way round, otherwise you will cause a volcanic eruption in your pitcher!
4. Gently stir the mixture until the lye is completely dissolved. The mixture will start to get hot, and may even begin to steam or make bubbling or boiling sounds. Just continue to stir until the solution is thoroughly mixed.
5. After stirring, put the lid on the lye-water jug and set it in a SAFE place to cool. The lye will be ready to use when it cools down to about 38° C.

MAKING THE SOAP: Step 1

1. First line your soap mould with baking paper. Do this carefully, because any wrinkles in the paper will deform your soap bars. The best way to get perfectly smooth paper is to cut 2 pieces of paper, one of which is ever so slightly narrower than the width of the mould, and the other ever so slightly narrower than the length of the mould. Both pieces should be long enough that there is also enough with which to cover the sides, plus 1 cm spare sticking up above the mould.
2. Now first place the smaller piece of paper into the bottom of the mould along the length of the mould and push firmly into the corners. Then

repeat this by placing the biggest piece of paper into the bottom of the mould along the width of the mould.

MAKING THE SOAP: Step 2

1. Weigh the oils one by one into your pot. Weigh your solid oils like Coconut, Palm, Cocoa Butter or Shortening into your soap pot first. Weigh the liquid oils like Olive, Sunflower, Canola or Castor separately into a glass pitcher.
2. Once the solid oils are melted, add the liquid oils to the pot. This will bring the overall temperature down. You want the oils to be at about 38° C when you add the lye-water.
3. Slowly add the lye-water mixture to the soap pot. The oils will immediately start to turn cloudy. Using a stick blender as a spoon, but without turning it on, blend the lye-water into the oils.
4. While stirring the mixture with the stick blender, turn on the blender in short bursts. To start with, blend for 3-5 seconds and then stir some more.

Once you start using the stick blender, you will immediately see the soap mixture begin to come together. Keep blending in short bursts until the oils and lye-water are completely mixed together.

Once they are completely mixed together, you are nearing what is known as **trace.** With a stick blender trace can be reached in under a minute. Trace means that a little soap trailed along the surface of the mixture with your “spoon” will sink back into the mixture very slowly.

5. Once the mixture is completely blended, but before it begins to get too thick, slowly add your fragrance or essential oils to the mixture. Stop stick blending the mixture and just use the end of the stick blender like a spoon.

6. Add any additives like spices, flower petals, or special moisturising oils. Gently stir them into the pot using the stick blender as a spoon.

7. Before adding the colourant, give the mixture a brief blend with the stick blender to make sure that the fragrance oil and additives are well blended in.

8. For a colour swirl:

    a. Ladle about ½ cup of the soap mixture into a small mixing bowl.

b. Add the colourant to the soap in the bowl.

c. Holding the mixing bowl several inches above the pot, slowly pour the coloured soap into **one corner** of the soap pot.

d. Then, using a rubber spatula, swirl the coloured soap through the pot.

9. By now the soap will have thickened quite a bit. Pour the raw soap into your mould using a back and forth motion to make sure that the soap spreads out evenly. Scrape the last, thick bits of soap out of the pot with a rubber spatula.

   If the top of the soap in the mould is uneven, smooth it out with the spatula.

   Pick the mould up and gently tap it on the counter top to dislodge any air bubbles that may have been trapped.

   Place the soap in a **warm**, safe place to set and begin curing.

   The soap mixture will begin to get hot as the **saponification** process starts. Lay an old towel over the mould to keep it warm, and to keep the reaction going strongly.

   Leave the soap until the following day. It will take about **24 hours** for the soap to harden enough for you to take it out of the mould and slice it.

10. Keeping on your gloves and safety goggles, wash all of your utensils and soap pots with hot, soapy water.

11. After the soap has set for 24 hours, it should be hard enough to unmould and slice. Pop or slide the soap out of the mould. Slice it into whatever size bars you like. A good size is normally 8 cm x 5 cm x 4 cm.

Set the bars aside with air space in between each, and let them cure for **4 weeks**. Do not use them before this time, for the saponification process must be completed before the soap is safe to use.

1.Castile Soap			
Olive Oil	610 g	Lye	140 g
Palm Oil	205 g	Water	325 g
Coconut Oil	205 g		

2. Lavender Soap

Palm Oil	200 g	Lye	140 g
Coconut Oil	300 g	Water	325 g
Cocoa butter	60 g	Lightly ground Lavender buds	2 tbsp
Olive oil	300 g	Orange essential oil	10 g
Castor oil	60 g	Patchouli essential oil	10 g
Sunflower oil	100 g	Lavender essential oil	20 g

The two recipes above are sample recipes that have been tried and tested by a great many people throughout the years. Using these as a guide you can develop your own soaps according to your own preferences. These recipes yield approximately 1,5 kg of soap, which will give about 42 bars of soap.

Shampoo & Conditioner

Camomile	30 g	Birch leaves	10 g
Stinging Nettle	30 g	Greater Celandine	10 g
Walnut leaves	10 g	Balm Mint	20 g

Preparation:

1. **Soak** the dried herbs in **cold water** overnight.
2. The next day bring the herbs to the **boil** in **2 litres** of water. Reduce the heat and simmer for **20 min**.
3. Remove from the heat and allow to cool **overnight**.
    a. The next day grate **1 kg** of **Castile Soap** and set aside.
    b. **Strain** the herb mixture through a **muslin cloth** placed inside a **sieve**, and with the hands **squeeze** out any sediment still trapped in the herb mixture. This sediment is part of the herb extract and should not be discarded.
    c. Using a large pot with a **heavy base**, **reheat** the herb mixture, and when **hot**, add the **soap** to the herb liquid and stir over a **low** heat until all the soap has been **dissolved**.
4. Remove from the heat and allow to **cool overnight**.
5. The next day test the consistency of the shampoo. It should be **thick**, but still runny. If not **runny** enough add **cold** water a little at a time, stirring thoroughly each time, until it is runny enough.
6. Bottle and use as needed. This recipe will make approximately 2,5 litres of shampoo.

Kitchen & Laundry Cleaning Products

1. For the following recipes you will need basic Castile soap, but since you are not going to be using this soap for anything other than making kitchen and laundry soaps, you can make it with the cheapest cooking oil you can buy. Using the recipe for Castile Soap you will need **1020 g** Cooking Oil in total, and the same amount of lye and water as specified in the recipe. Make a good stock of this soap, so that you have it ready for when you wish to make kitchen & laundry soap.
2. For dishwashing liquid you first need to make a liquid Castile soap.

1.DISHWASHING LIQUID

A: Liquid Castile Soap

1 kg Castile Soap	2 litres Water

Method:

1. Grate the soap whilst you boil the water.
2. Add the grated soap to the water and stir to dissolve all the soap.
3. Once all the soap is dissolved, remove from the heat and set aside to cool until the next day.
4. The following day test the consistency of the soap. The soap should be quite thick, but runny. If it is too thick then add a little water at a time, stirring thoroughly after each addition, until the soap is the correct consistency.

B: Dishwashing Liquid

6 tbs Liquid Castile Soap	4 tbs White Vinegar or Lemon juice
4 cups Warm Water	20 drops Lemon Essential Oil
4 tsp Vegetable Glycerine	

Method:

1. Mix thoroughly and then bottle.
2. Use 1 tbs per basin of water.
3. This recipe makes 1 litre of dishwashing liquid.

2.WASHING MACHINE SOAP

A: Liquid Soap

1 litre Boiling Water	2 cups Washing Soda
2 cups grated Castile Soap	1 5 drops Lavender Essential Oil
2 cups Borax	

Method:

1. Add grated soap to the boiling water and stir to dissolve the soap. Keep on low heat until soap is fully dissolved.
2. Pour the soap water into a 10 litre bucket with a lid, and add the Borax and Washing Soda. Stir well until all is dissolved.
3. Add 8 litres of warm water and 1 5 drops of Lavender Essential Oil. Stir well.
4. Close the bucket with the lid, and use when needed.
5. Use ¼ cup for each load of laundry. Stir well before use because the soap will gel.

B: Powdered Laundry Detergent

1 cup White Vinegar	¼ cup Liquid Castile Soap
1 cup Baking Soda (*sieved to remove lumps*)	5 drops of Lavender Essential Oil
1 cup Washing Soda	

Method:

1. Pour the liquid soap into a mixing bowl.
2. Stir in the washing soda, then the sieved baking soda.
3. Add the vinegar in small batches at a time, and then finally the essential oil. The vinegar will cause the mixture to foam, but just keep stirring.
4. The mixture will be a thick paste at first, but it will start to break down into granules as you keep mixing.
5. Mix well and store in sealed container.
6. Use ½ cup per load of laundry.

3.OVEN CLEANER

1 cup Coarse Salt	1 cup Lemon Juice

Method:

1. Mix well and apply liberally.
2. Leave for a few minutes and then remove with a wet sponge and warm water.

For Very Stubborn Grease in Ovens:

1. Make a paste of Baking Soda with a little water, and apply it thickly to the stubborn spots.
2. Leave for 2 hours. If the mixture gets dry, spray it with a little water to keep it moist.
3. Wipe clean with a wet sponge.

4.GENERAL KITCHEN SURFACE CLEANER

½ cup White Vinegar	2 litres Water
¼ cup Baking Soda	

Method:

1. Mix ingredients well, and bottle in a spray bottle. Use as needed by spraying directly onto the surface to be cleaned.
2. Wipe clean with a damp cloth.
3. This recipe makes 2,5 litres of cleaner.

5.WINDOW CLEANER

2 tbs White Vinegar or Methylated Spirits	1 litre Water

Method:

1. Mix ingredients well, and bottle in a spray bottle. Use as needed by spraying directly onto the glass.
2. Wipe clean with crumpled newspaper.

6.FURNITURE POLISH

250 ml Lemon juice	5 drops Lemon Essential Oil
125 ml Olive oil	

Method:

1. Mix well and use as needed by applying with a soft cloth, and then buffing up with a soft dry cloth.

7.DRAIN CLEANER

Method:

1. Pour ½ cup Baking Soda into the drain, followed by ½ cup White Vinegar.
2. Leave for 1 5 minutes, then wash down with 2 litres boiling water.

8.SILVER POLISH

1 litre Warm water	1 ball of crumpled Aluminium foil
1 tbs Salt	

Method:

1. Dissolve the salt in the water, and then add the aluminium foil.
2. Place silver in this solution and leave until clean.
3. Rinse under running warm water and dry with a soft cloth.

For very Stubborn Tarnish:

Add 1 tbs Baking Soda to the solution above.

Air Freshener

“Flowers of the Valley”			
Geranium	12 drops	Lime	4 drops
Ylang-ylang	8 drops	Neroli	4 drops
Honeysuckle	8 drops		
Distilled water	500 ml	Vodka	40 ml

Method:

Air fresheners are made in much the same way as body mists, except that you use twice as much distilled water. Once again, as for body mists, you need to put your air freshener into a spray bottle, but preferably a fine mist spray, otherwise it will cause wet marks where it settles.

Further Information

Radiant Life Technologies – (http://www.radiant-life-technologies.com/)

In 1995 a group of like-minded individuals began coming together to find more ways to help people to help themselves.

Consequently in July 2009 we founded Radiant Life Technologies, which is now a growing international business.

Our approach has been to pool our own financial, entrepreneurial and technical resources to promote the empowerment of the individual through the medium of holistic self-sufficiency.

The first of the 21st century technologies brought to the world by Radiant Life Technologies is coMra-Therapy, a revolutionary breakthrough in medical science. This breakthrough enables men and women to become far more self-sufficient and therefore responsible in managing their health, continued well-being and happiness.

The Institute for the Study of Man – (http://www.institute-for-the-study-of-man.com/)

Elizabeth Schnugh believes in an holistic approach to our health and every aspect of our lives, and this involves looking beyond the symptoms and finding the cause. So much unhappiness and lack of fulfilment in our lives is caused by imbalances in our primary relationships: with our families, at work, and at leisure, and also in other vital relationships, such as discovering our purpose in life, as well as how we relate to our bodies and our food. Success and happiness in all these areas depend on our ability to handle relationships constructively. The ISM courses are designed to look at all our relationships in a new light and they provide the practical tools to handle any type of relationship.

Renascent Legacy Press - *The Toltec Teaching Senes of Books* (http://www.renascentlegacy.com/)

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An introduction to the Toltec Teachings as expressed by Theun Mares - a practical pathway to freedom, joy and power.

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ISBN: 978-0-620-59979-5

Published by
Renascent Legacy Press
80 kifissias Avenue
115 26 Athens
Greece
email: support@renascentlegacy.com
http://www.renascentlegacy.com/